



Yeast Infection

What is a yeast infection of the breast?

Based on your symptoms and physical exam, we have diagnosed a yeast infection. We all have yeast on our skin. When the yeast starts to grow too fast, it can cause pain and burning.

What to do:

Apply this cream for nipple yeast

Clotrimazole

Ketoconazole

Mupirocin

To treat the yeast on your nipples, we have prescribed an antifungal cream. Put this cream on both nipples after every feeding for 14 days. Some women's nipples are irritated by antifungal cream. If you notice your pain is worse, please call the Warmline.

Fluconazole for nipple / breast yeast

To treat your yeast infection, we have prescribed Fluconazole. Take this medication once a day for two weeks. Rarely, this medication can affect how your body fights infection. Please let your provider know if you develop a fever or other signs of an infection.

Yeast infection in baby's mouth

Your baby has a yeast infection in his or her mouth. Every baby has yeast in his or her mouth. When the yeast starts to grow too fast, some babies have trouble feeding.

Oral nystatin for the baby

To treat the yeast in your baby's mouth, we have prescribed Nystatin. Swab this medicine inside your baby's mouth after every feeding.

Fluconazole for the baby

To treat the yeast in your baby's mouth, we have prescribed a medicine called Fluconazole. Give your baby this medicine once a day for 7 days.

What pain medications are safe during breastfeeding?

To help relieve your pain, it's safe to take Acetaminophen (Tylenol) 650-1000 mg every 4 to 6 hours (but no more than 4000 mg – or 8 extra-strength pills – per day) or Ibuprofen (Motrin) 400-600 mg every 6 hours.

When you should start to feel better

Call the Lactation Warmline at 984-974-8078 or 866-428-5608 if you have any additional concerns or if you are not starting to feel better in 2-3 days.