



## Nipple thrush

Thrush is a fungal infection caused by *Candida albicans* which can occur in the nipples and breast tissue. If you are experiencing ongoing painful nipples after the first week and your baby is attaching well to the breast, seek advice from your Child and family Health Nurse or Lactation Consultant.

# Symptoms

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- Nipple and/or breast pain
- Burning or shooting pains in the nipples
- Itching or stinging nipples
- The pain is ongoing and does not go away with re positioning your baby's attachment
- Your nipples may be bright pink, and the areola may be reddened
- Nipple cracks which are slow to heal
- Signs of thrush may be present in your baby's mouth

# Treatment

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- Nipple thrush is treated with antifungal cream or gel for 10 days
- Thrush in your baby's mouth is treated with antifungal gel or drops for 10 days
- Keep your nipples dry, let the air get to them.
- Change your nursing pads regularly as thrush grows in moist warm places
- Sterilise all bottles, teats, and dummies
- Wash your hands well after nappy changes and applying creams/gels
- Wash towels, clothes, bras, cloth nursing pads in hot soapy water and air-dry outside
- See your Doctor if symptoms persist