



Treating Yeast

If Baby Has Thrush:

Four times each day, paint the inside of baby's mouth with miconazole 2% gel using a large Q tip for ten days. It is important that the miconazole be painted on the inside of the cheeks, on the tongue, and on the inside of the lips in order to work effectively. You can obtain the miconazole gel from most pharmacies, without a prescription.

If you have nipple yeast:

Right after each feeding, apply Micatin™ cream to your nipples and areola. You should massage the cream onto the nipple and areola. Just before the next feeding, wash the cream off using a little breast milk (or water). Wipe off the milk (or water) and Micatin™ with a dry soft cloth. You should feel 50% better in 10 days and normal in three weeks.

If you have nipple yeast and cracks:

You have been given fluconazole 100 mg tablets. Take two tablets right away and then one pill each day for 13 days. After each feeding apply a small amount of Purelan™ or Lansinoh™ just to the cracks.

If baby has a yeast diaper rash:

When changing the baby, use a clean wet soft cloth to wipe baby's burn and then use Micatin™ cream on the red areas. You can use petrolatum or a zinc oxide paste over the part that is not red. Try to avoid baby wipes as they can cause a skin reaction. They can also strip some of the baby's natural skin oil. Using a hair dryer on a cold setting is a great way to keep the diaper area dry.