



THRUSH CARE PLAN

THRUSH: Thrush is a fungus that likes to grow in damp, dark and sweet environments. We need to do the opposite of what it likes, lots of fresh air and sunshine, acidic environment, and anti fungal medications. The pediatrician treats the baby, the obstetrician treats the mother.

I. Baby Care.

- a. Wrap some gauze around your finger and dip into a solution of: 1cup water to ¼ tsp of baking soda. Stir the solution with your finger. Squeeze excess off of your finger and gently wipe your baby's tongue and under your baby's lips, inside the cheeks.
- b. Shake the medication bottle (oral nystatin) and pre-measure into a paper cup. Using a cotton swab, "paint" the inside your baby's mouth making sure to cover all areas...(under the top and bottom lips, under the tongue etc). Keep the dropper/measurer separate from the container. Wash with warm, soapy water.
- c. Continue to use medication even if all signs are visibly gone in baby and in mom for at least 1-2 weeks. Follow up with your baby's health care provider. Wash baby's hands as well
- d. Wash and sterilize anything that comes in contact with baby's mouth once every 24 hours. This includes the pacifier, bottles, toys that go into your baby's mouth.
- e. Observe your baby's diaper area for signs of a yeast infection.

II. Mother Care.

- a. Wash bra, nursing nightgown, or anything that comes in contact with your breast or milk once a day with hot, soapy water. Use a cup of vinegar in the rinse cycle.
- b. Rinse nipples after nursing with a weak vinegar and water solution. Use ¼ cup vinegar to 1cup water. If you have a crack or fissure on the nipple or areola, DON'T do this! Many physicians suggest applying a prescription topical such as Nystatin cream or Dr. Jack Newman's All Purpose Nipple Ointment after all nursing sessions. (drjacknewman.com- look up candida)
- c. Squeeze two pea-sized amounts of medication onto a clean tissue. Use a clean finger for each breast to dot the cream around the areola and nipple like you would when you put facial moisturizer on. Massage cream into nipple and areola.
- d. Expose nipples to fresh air and sunlight frequently throughout the day. Some mothers find that wearing breast shells help to keep fabric from touching the breast while allowing air to flow around the nipple.
- e. Wash hands before and after diaper changes, feedings, or medication applications.
- f. Change to furnace filters once a month as yeast has been known to hide there.
- g. Use a disinfectant solution to wash the sink, toilet, bathtub, etc.
- h. Check your pets ears. Consult your vet as to the best way to clean their ears.
- i. Discuss with your health care provider the use of Diflucan 400mg for first day and then 200mg for the next 10-14 days. (Recommended by Dr. Jack Newman, "The Ultimate Book of Breastfeeding") Some mother's prefer to use natural remedies such as grapefruit seed extract or Yeast Redux or SF22 which can be purchased from Seleme Wellness Cntr. (703) 273-0573. The Wellness center also has a cold laser that is used to promote healing and tissue growth on the nipples.
The main thing is to continually think of thrush as the enemy! Consistency is so important in getting rid of it.
- j. If you have expressed breastmilk during an outbreak of thrush, feed it while both mother and baby are being treated. **FREEZING BREASTMILK DOES NOT KILL YEAST.**
- k. Many mothers find that avoiding sweets, juices, milk, breads to be helpful in eliminating yeast. Eat lots of protein, vegetables, etc and drink plenty of water.
- l. 2 Large containers of clear vinegar, 1-2 pks of the small size bathroom cups, 2 rolls of gauze, q-tips and 1 container of baking soda, disinfectant.