



# Thrush

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**Thrush is most commonly associated with damaged nipple tissue. Healing your nipples is an essential part of eliminating the yeast overgrowth.**

Thrush is diagnosed by a health care provider. Lactation care can assist in remedying the nipple damage and the underlying cause of the damage. You should discuss all treatment options with a health care provider.



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Consult

## What is Thrush?

Thrush is the overgrowth of naturally occurring *Candida Albicans* (yeast). This overgrowth results from antibiotic usage in mother or baby, systemic imbalances in yeast production, or damaged nipple skin.

## What else could be the cause of the pain?

- Poor Latch or Breast Flange Fit
  - Unresolved Nipple Damage
  - Bacterial Infection
  - Reynaud's Phenomenon
- Evaluation is critical to getting the right diagnosis and treatment*

## Symptoms

Nipple appearance may include: puffy, scaly, flaky, weepy, deep pink coloration or have tiny blisters. Pain is reported as itchy, burning, stabbing sensations. With yeast infections, the pain is *mostly* during or immediately after a feeding.

## Thrush Treatment Considerations and Options

1. Identify if the baby requires treatment as part of the dyad.
2. Consider taking a probiotic to help your body regain its proper balance. There are infant probiotics as well.
3. Natural Remedies such as coconut oil or diluted vinegar rinse may be considered.
4. All Purpose Nipple Ointment (**Prescription or Homemade**) helps to reduce inflammation and eliminate both the fungal infection and the possible bacterial infection causing the irritation.
5. Treatment with Nystatin or Fluconazole may be recommended.
6. Gentian Violet is a commonly recommended remedy: Gentian Violet is best utilized with APNO. (There is some concern about this remedy being related to oral cancers when administered in high dosages. Discuss the risks and benefits with your health care provider). This treatment option has fallen out of favor in recent years.