

THRUSH AND/OR MAMMARY CANDIDIASIS

TOOLS

- A health care professional should be consulted to receive the proper recommendations and treatment
- Treatments include prescription and over-the-counter antifungal medications as well as natural products
- An effective treatment is to rinse the nipples with a solution of 15 mL of vinegar in 1 cup of water once an hour for 24 hours



Hygienic measures

- Wash your family's hands very often
- Quickly change wet nursing pads
- Wash the nipple and areola with a mild soap once a day
- Wash clothes and bedding in contact with breasts and baby with hot soapy water and vinegar
- Consume expressed milk within hours or discard it
- Throw away or boil for 10 minutes a day pacifiers, breast pumps, bottles, toys

2023

REFERENCE: LE PETIT NOURRI-SOURCE