



**It is important to provide oral care to both bottle and breast fed babies!!**

## How to provide oral care

- Provide oral care to your baby twice a day; once in the morning after the first feeding, and right before bed
- Wrap a soft, clean, cotton cloth around your finger, dip it in water (use only water) and wipe the upper and lower gums, inside the cheeks and the tongue.
- Silicone infant tongue cleaners with slightly raised bumps that fit on your finger can also be used.

## Thrush

Thrush is a common infection in newborns and is caused by an overgrowth of yeast in the baby's mouth.

## Newborn: Signs, Symptoms and Treatment of Thrush

- A white or yellow coating on the tongue, inner cheeks or inner lips. It looks like “chalk” or “cottage cheese”.
- Distinguishing between thrush and milk residue on baby's tongue can be tricky, as they have similar appearances. If you can wipe off the residue with a warm, damp cloth it is milk residue and not thrush. Milk residue is more noticeable after feedings and will only be on the tongue.
- Thrush may cause pain with feedings, resulting in a decreased intake of breastmilk or formula.
- Be on the lookout for a yeasty diaper rash which may occur simultaneously with thrush!

**Treatment:** Your Pediatrician will prescribe an oral antifungal treatment such as nystatin

## Breastfeeding Caregiver: Signs, Symptoms and Treatment of Thrush

- Itchy, burning or cracked nipples that are red and shiny or flaky
- Intense nipple or breast pain that does not improved with a better latch
- Breast pain, often described as “shooting”, during or after feedings

**Treatment:** Your OB provider will recommend a topical antifungal ointment; this may be prescription or over-the-counter.

## Additional prevention:

- Sterilize bottles and pacifiers after every use if your baby is being treated for thrush
- Sterilize breast pump parts between uses if yeast is present on your nipples
- Wash clothing or towels that come in contact with yeast
- Practice good hand hygiene

### Reference:

<https://www.llli.org/breastfeeding-info/thrush/>    <https://www.cdc.gov/oralhealth/basics/childrens-oral-health/index.html>  
<https://www.healthline.com/health/parenting/white-tongue-baby#milk-residue>    <https://thechampatree.in/blog/baby-and-child/newborns-tongue-and-avoid-mouth-thrush/>