

Information for Lactation Consultants



All Purpose Nipple Ointment

Sore nipples that do not heal despite good positioning and latch-on usually have an underlying infectious component. Fungus lives in cracks in the skin and may not present the typical symptoms of white plaques in the infant's mouth and red, flakey or shiny nipple skin. Abrasions and cracks usually harbor some bacteria, in particular, *Staphylococcus aureus*. Usually, the pain of infection is due to the inflammation associated with the infection, rather than the infection itself. The cortisone in the following ointments will help with the pain while healing takes place.

All Purpose Nipple Ointment

developed by Jack Newman MD FAAP
International Breastfeeding Centre
Toronto, Ontario, Canada

Mupirocin 2% ointment 15 grams
Betamethasone 0.1% ointment 15 grams
Miconazole powder compounded to 2%
Total 30+ grams

Apply sparingly, after feedings 4 times daily. Do not wash or wipe it off prior to the next feeding. Prescription required, prepared by a compounding pharmacist.

<https://ibconline.ca/information-sheets/all-purpose-nipple-ointment-apno/>

All Purpose Nipple Ointment

developed by Dr Thomas Hale
Texas Tech University Health Sciences Center
Professor of Pediatrics
Author of Medications and Mother's Milk

Hydrocortisone Ointment 1%
Polysporin Ointment (Use Polysporin with caution as it can cause allergic dermatitis, especially on inflamed skin. Bactroban [mupirocin] is another choice, but requires a prescription)

Mix in equal amounts and apply to the affected nipple area after feedings.

All ingredients are available over the counter.

Reference: TW Hale personal communication

Dennis CL, Jackson K, Watson J. Cochrane Database Syst Rev. 2014 Dec 15;12:CD007366. doi: 10.1002/14651858.CD007366.pub2. Interventions for treating painful nipples among breastfeeding women.
Dennis CL, Schottle N, Hodnett E, McQueen K. Breastfeed Med. 2012 Dec;7(6):473-9. doi: 10.1089/bfm.2011.0121. An all-purpose nipple ointment versus lanolin in treating painful damaged nipples in breastfeeding women: a randomized controlled trial.

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