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Oral Thrush

About Oral Thrush

Oral thrush is a very common infection in infants that causes irritation in and around a baby's mouth. It is caused by the overgrowth of the yeast (a type of fungus), overgrowth can lead to vaginal (yeast) infections, diaper rashes, or oral thrush.

Symptoms

A baby with oral thrush might develop cracked skin in the corners of the mouth or whitish patches on the lips, tongue, or inside the cheeks that look a little like cottage cheese but can't be wiped away. Scraping the white patches off can cause some bleeding. Many babies don't feel anything at all. Some babies may be uncomfortable when sucking and some babies may not feed because their mouth feels sore.

Prevention

If you are formula-feeding your baby or using a pacifier, it's important to thoroughly clean the nipples and pacifiers in hot water or dishwasher after each use. That way, if there's yeast on the bottle nipple or pacifier, your baby doesn't continue to get re-infected. Storing milk and prepared bottles in the refrigerator prevents yeast from growing. If you are breastfeeding and your nipples are red and sore, there's a chance you may have a yeast infection on your nipples, and that you and the baby are passing it back and forth. If so, you may want to talk to the doctor about using an antifungal ointment on your nipples while the baby is being treated with the antifungal solution.

Treatment

Use the following formula for thrush.

Formula:

½ cup of water

½ teaspoon baking powder

3 drops of dish washing liquid (NO Dawn)

Mix all ingredients together. Wipe mouth and gums after each feeding for 1 week.

See your healthcare provider if symptoms are not resolved, alternative treatment may be needed.