

## All-Purpose Nipple Ointment

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All-purpose nipple ointment is a combination of antibiotic, anti-inflammatory and anti-fungal medications designed to prevent bacterial and fungal infections. It is used to treat or prevent an infection in severely damaged nipples. If your nipples have visible cracking or bleeding, contact your health care provider to determine if all-purpose nipple ointment may benefit you.

All-purpose nipple ointment is considered a compounded medication so prescriptions must be filled at a compounding pharmacy. Insurance coverage varies so be sure to check with your insurance company to determine your cost.

As an alternative, you can purchase over-the-counter medications from your local pharmacy and follow this recipe to formulate a non-prescription all-purpose nipple ointment.

### **Mix equal parts of:**

- 1% Hydrocortisone Ointment
- Bacitracin Ointment
- Miconazole cream (if you are told there is a concern for yeast or thrush)

Apply the ointment sparingly to nipples after feedings for 7-14 days.

If your nipple damage worsens or does not improve within 14 days, contact a lactation consultant for help.

- For general breastfeeding questions, please call the Lactation Help Line at (844) 200-8894. You will be asked to leave a message and a lactation consultant will return your call within 24 hours.

If you notice signs of infection, including fever, redness or swelling, contact your health care provider.

- If you delivered your baby within the past 6 weeks, you can call Triage at (734) 764-8134.

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