

## \* About Oral Thrush

Thrush is an infection caused by a yeast germ called Candida. The mouth is a common site where Candida causes infection.

## \* Symptoms

A common sign of thrush is the presence of creamy white plaque. Slightly raised lesions in your baby's mouth.

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.

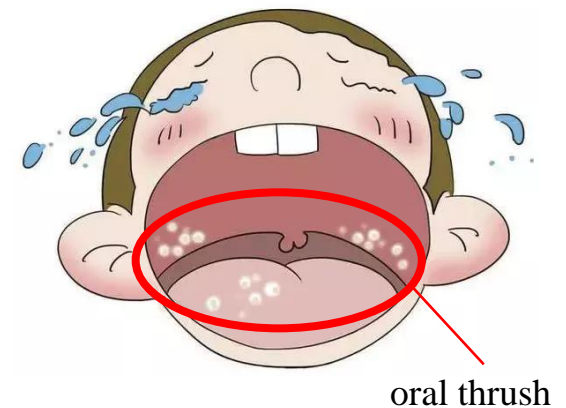
**Note:** if you are breast-feeding, it is possible that your baby can contaminate

thrush infection from their mouth to your nipples. This can be very painful for you. Your nipples can become cracked and sore, or sometimes red and shiny. See your doctor if you think that you may have thrush infection of your nipples. Your doctor may suggest some cream to apply to your nipples to clear up the infection.

## \* Prevention

1. Washing your hands before feeding.
  2. Regularly sterilise all stuff doll and other mouth toys used by your baby.
- If you are bottle-feeding, regularly sterilise all feeding equipment, especially teats. Some people suggest giving the baby sterilised water after each milk feeding. This rinses away for residual milk in the mouth for which candida may thrive on.

3. Clean the pacifiers and bottle in hot water more than 20 minute after each use.
4. If your doctor feels your baby needs treatment, they will probably prescribe an antifungal medicine. Continue to use the medicine for two days after the infection has cleared up as this will help prevent the infection to recur.



(Picture taken from the Internet)



**Oral Thrush**  
**And**  
**How To Care**

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