



## **Triple Nipple Cream for Mom** **also known as the “secret” prescription nipple cream** **with pain reliever**

**What is this cream and why?** The breakdown of nipple tissue can cause serious discomfort in the early days of breastfeeding. For some, use of this can be the difference between continuing to breastfeed and giving up. Use of this after breastfeeding can be a way to promote healing while working on the latch. There are many levels of healing creams and ointments for breastfeeding mothers that really do help, but this is one more option some moms may choose. As a hospital-based Lactation Consultant, I have seen firsthand the benefits of this magical secret ointment.

Take this to your OBGYN, Midwife or Family Doctor to discuss. This mixture should not be used routinely, long term, or without close supervision by a physician.

The prescription:

- Bactroban (Mupirocin) 2% ointment (15 grams)
- Betamethasone 0.1% ointment (15 grams) *.05% also an option*
- Nystatin ointment (15 grams)

Should be mixed together by pharmacist, **ideally a compounding pharmacist**, in one container or it can be ordered from a regular pharmacy and can be given to mom in 3 tubes to be mixed in the palm of her hand before applying after breastfeeding.

It can be used after every feeding or after every other feeding, meaning apply a minimum of 4 times a day after breastfeeds or pumping sessions. Do not apply before a feed. This mixture is to be applied sparingly after each feeding. “Sparingly” means that the nipple and areola will shine but you won’t be able to see the ointment. There is no need to wash your breasts or wipe it off before the next feeding unless you are concerned, then use a nice warm cloth, but as with many topical creams the active ingredients will absorb in the nipple tissues within 20 – 30 minutes.

This cream can be used for any initial cause of nipple soreness. This version of APNO has been adapted from Dr. Jack Newman’s treatment protocols, Jack Newman, MD, FRCPC. **The original formulation can be found at <https://ibconline.ca/information-sheets/all-purpose-nipple-ointment-apno/> but this is a modified version for the United States.** Due to the betamethasone, you should not be using any versions of this cream this longer than 14 days in a row. If you are not having a lot less pain after 1- 2 days of use or if you feel you need to keep using it to keep pain free, please get help from a local IBCLC (International Board Certified Lactation Consultant) or any available lactation professional.

*Resources:*

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

<https://www.verywellfamily.com/dr-jack-newmans-all-purpose-nipple-ointment-431885>

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