

Gentian Violet

- Preferred treatment for yeast overgrowth on the nipples.
- Highly effective; relief is usually rapid.
- Treatment is VERY MESSY – it stains clothing; it will turn nipples and baby's mouth purple, but this will disappear in a few days.

Purchase a bottle of 0.5 % Gentian Violet.

Apply solution once a day - right after an evening feed may be least messy.

Because it is messy, mom may want to undress from the waist up. Undress baby to diaper.

Apply purified lanolin to the outside of baby's lips and the skin surrounding baby's mouth to keep the Gentian Violet from getting on baby's face.

Dip one end of a Q-tip in the GV. Place the swab in baby's mouth. Let baby suck swab. Paint the inside of the mouth to cover the cheeks and tongue.

Use a clean Q-tip and **paint the nipples** and any surrounding skin that appears pink **or** inflamed with GV.

Repeat once a day for 1-5 days on mom's nipples and 1-3 days in baby's mouth. There should be some relief from pain within hours. Stop when symptoms are gone. Pain should be gone by end of treatment.

DO NOT CONTINUE AFTER 4 DAYS IF THERE IS NO IMPROVEMENT.

Gentian violet can be drying. If baby develops mouth sores, stop using the GV. The sores should clear in 24 hours. This is much more likely to occur when stronger concentrations of Gentian Violet are used (i.e. 1% or 2%).

If re-infection occurs, a second course of treatment may follow. However, if a second reinfection

occurs, make sure that all other sources of yeast are being treated (other family members, pets, clothing, toys, etc.)

May use GV along with All-Purpose Nipple Ointment or Clotrimazole cream. Apply the ointment or cream after every feeding except the feeding when GV is applied. Continue the ointment or cream for 2-4 weeks after finished with the Gentian Violet to help prevent recurrence.

Adapted from Milkworks