



LACTIPLEX NIPPLE OINTMENT

Lactiplex nipple ointment, compounded by O'Brien Pharmacy, is a combination of four ingredients suggested by Dr. Jack Newman, MD, FRCPC, a pediatrician, for sore nipples during breastfeeding. Cracks and erosions in the nipple harbor bacteria that can cause infection or delay healing. In addition, the presence of *Candida albicans* can cause nipple soreness and cracking. Inflammation associated with infection or injury can cause significant pain. "It is always good, however, to try to assure the best latch possible, because improving the latch helps with any cause of pain," according to Dr. Newman.

Dr. Newman started the first hospital-based breastfeeding clinic in Canada in 1984. He has been a consultant with UNICEF for the Baby Friendly Hospital Initiative in Africa. Dr. Newman notes that ointments work better than creams to treat sore nipples, and recommends a preparation containing mupirocin .5%, nystatin 25,000u/g, clotrimazole 2.5% and betamethasone .01%. The combination, found in Lactiplex, is applied sparingly after each feeding.

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