



## Contact Dermatitis

### What is Contact Dermatitis?

Based on your symptoms and physical exam, we have diagnosed you with contact dermatitis. Contact dermatitis (der-muh-TI-tis) is an allergic reaction to something that has been touching your nipples.

### Treatment for contact dermatitis

Be sure you are using a hypoallergenic laundry detergent, and stop using any creams or soaps on your nipples. If your baby has recently started solid foods, it may help to rinse your nipples off with water after feeding.

To help your nipples heal, we have prescribed Lidex 0.05% ointment. Apply this twice a day for 14 days. In between, apply Petrolatum (Vaseline, Aquaphor or generic equivalent) or Zinc Oxide to both nipples and wear a cotton bra. If the ointment is sticking to your clothes, you may want to cover it with gauze. If you still see ointment before the next feed, you can wash off your nipples with water and Cetaphil gentle cleanser (or generic equivalent).



### Treatment for itching

To reduce itching, we recommend Cetirizine (Zyrtec) tablets. This medication is available over-the-counter. Take these pills once a day, as long as the itching is bothering you. It is safe for your baby to breastfeed while you are taking these pills.

### When you should start to feel better

Call the Lactation Warmline at 984-974-8078 or 866-428-5608 if you have any additional concerns or if you are not starting to feel better in 4-5 days.