

Creams and Ointments applied to the skin of Breastfeeding Mothers

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Breastfeeding mothers may need to apply a variety of cream and ointments to their skin whilst they are breastfeeding. There is very little absorption of these products into breastmilk and most products can be applied without interruption of breastfeeding.

Creams which can be used:

- Emollient creams/ointments to soothe and moisturise skin
- Topical steroids can be applied sparingly as directed in normal quantities i.e. no more than one standard tube per week
- Shower gels and bath emollients to soothe eczema
- Anti-viral cream to treat cold sores (herpes simplex) e.g. acyclovir (Zovirax®)
- Creams or ointments to be applied directly to the nipple or areola should be applied sparingly after feeds and any visible product gently wiped off before the subsequent breastfeed
- Simple creams/ointments or gels to treat acne e.g. benzoyl peroxide,
- Antibacterial creams/ointments/gels e.g. fucidic acid (Fucidin®)
- Preparations for warts e.g. salicylic acid (Cuplex®)
- Preparations to treat verrucas e.g. Bazucca®
- Topical anti-inflammatory creams/ointments/gels e.g. ibuprofen (Ibugel®), Diclofenac (Voltarol Emulgel®) Mentholatum (Deep Heat®)
- Sunscreen products can be applied liberally as necessary
- Antiseptic creams e.g. Savlon®

References

- British National Formulary
- Hale T. W Medications in Mothers Milk
- Jones W Breastfeeding and Medication Routledge 2018

To talk to a mum who knows about breastfeeding call the National Breastfeeding Helpline 0300 100 0212

Calls to 0300 numbers cost no more than calls to UK numbers starting 01 and 02 and will be part of any inclusive minutes that apply to your provider and call package.