

All-Purpose Nipple Ointment (APNO)

What is all-purpose nipple ointment?

All-purpose nipple ointment (APNO) is a common medication that breastfeeding mothers use for sore nipples. It was created by Dr. Jack Newman, a pediatrician and breastfeeding expert.

Regular nipple cream should be used as the first option for treating sore nipples. APNO is used if soreness and problem areas do not get better with regular nipple cream. It is best to consult with a lactation consultant before using.

APNO is made up of 3 different medications, including an:

- 1 Antibiotic** [an-tye-bye-OT-ik]. This medication helps heal nipple pain by stopping the growth of bacteria (germs). The antibiotic can help protect against other serious infections of the breast.
- 2 Anti-inflammatory** [an-tie-in-FLAM-uh-tor-ee]. This medication helps heal nipple pain by reducing the swelling caused by infection, skin irritation, or injury. Skin irritation or injury may be caused by a baby's poor latch or certain skin conditions such as **psoriasis** [suh-RYE-uh-sis], **eczema** [EK-zuh-muh], or **dermatitis** [dur-muh-TIE-tis].
- 3 Anti-fungal** [an-tye-FUN-gul]. This medication helps by fighting off fungal (yeast) infections.

How can I get APNO?

You need a prescription from your healthcare provider to get APNO. Intermountain pharmacies — and other pharmacies known as compounding pharmacies — can prepare this medication for you. (Store the ointment at room temperature and throw it away when no longer needed or after the expiration date.)



How do I apply APNO?

Apply APNO by placing a small amount onto your nipple and areola after breastfeeding. You do not need to wash off the ointment before the next feeding as long as it is no longer visible.

How long should I use APNO?

You should begin to see and feel results within a few days.

APNO is for short-term use only. Thinning of skin has been reported with long-term use. If your breast soreness and symptoms do not get better after using for 7 to 10 days, contact your healthcare providers or a lactation consultant.

Is APNO safe for my baby?

A small amount of APNO used after breastfeeding is safe.

Questions? Scan the code to schedule an appointment with a lactation consultant.
intermountainhealthcare.org/services/virtual-care/lactation-consults

