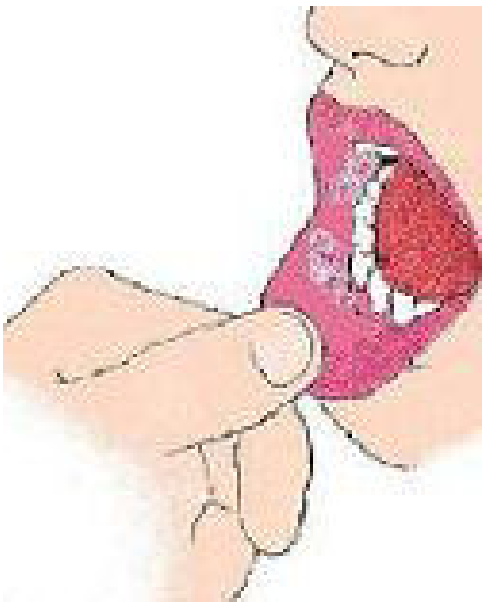
Thrush, Adult

Thrush is an infection that can happen on the mouth, throat or tongue.

HOME CARE



- Medicines are either applied right on the area or are swallowed.
- Eat plain yogurt that contains live cultures (check the label).
- Adults can treat thrush at home with gentian violet (1%), or as directed by your doctor.
- If you are breastfeeding:
  - Clean your nipples with an antifungal medicine.
  - Dry your nipples after breastfeeding.
  - Use an ointment called lanolin to help relieve nipple soreness.
- If you wear dentures:
  - Take out your dentures before going to bed.
  - Brush them thoroughly.
  - Soak them in a denture cleaner.

To reduce pain:

- Drink cold liquids such as water or iced tea. Eat flavored ice treats or frozen juices.
- Eat foods that are easy to swallow such as gelatin or ice cream.
- Drink from a straw if the patches are painful.
- Rinse your mouth many times a day with a warm saltwater rinse. To make the rinse, mix 1 tsp (5 grams) of salt in 8 fl oz (0.2 liters) of warm water.

GET HELP RIGHT AWAY IF:

- Your problems (*symptoms*) are getting worse.
- Your problems are not improving within 7 days of starting treatment.
- Your infection is spreading. This may show as white patches on the skin outside of your mouth.
- You are nursing and have redness and pain in the nipples. Your baby's mouth should also be looked at to see if thrush is causing your problems.

Document Released: 03/14/2011
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