

## Homemade All-Purpose Nipple Ointment (APNO) vs Prescription

Mix equal parts (1:1:1) of each ingredient, if you buy 1 oz tube of each it is easy to mix all three tubes and this will make the ratio 1:1:1.

- Polysporin ointment (**not** Neosporin, but store brand generic is fine)
- Hydrocortisone 1% ointment (not cream, but store brand generic is fine)
- Miconazole 2% cream (store brand generic for Monistat 7, not Monistat 1 or 3) or clotrimazole 1% cream (store brand generic for Lotrimin AF, not Lotrimin Ultra) **not both**

A little goes a long way! You don't need a lot, and this amount will make you enough for three 1-oz jars, which will be enough to last you a year plus give a gift to two friends.

Just apply some to your nipples *and* areolas just until they're shiny, after every feeding, for as long as symptoms persist. Don't wipe it off! Don't worry how many times the baby needs to come back to the breast. APNO is safe to nurse with: the ingredients aren't absorbed by the baby systemically.

Use for itchy, sore, cracked, bleeding, or yeasty (thrush) nipples.

For more information see this website, including links for ordering each of the ingredients above.

<https://missionofmotherhood.com/all-purpose-nipple-ointment-apno-otc-recipe/>