

# 鵝口瘡的照護

## Oral Thrush Care

### 一、什麼是鵝口瘡：

First, What is oral thrush?:

鵝口瘡 (Oral thrush) 為嬰幼兒常見的口腔內病症，約影響 2% 到 5% 的新生兒，並且多發於六個月內的嬰兒 (出生四週大為尖峰期)。最常見是由白色念珠菌 (Candida albicans) 在口腔黏膜表面感染所引起。白色念珠菌可存在於皮膚、腸胃道和生殖泌尿道，許多新生兒鵝口瘡念珠菌的來源是媽媽的產道原本就有念珠菌的感染，寶寶在通過產道時，就被傳染了，然而剛生下來的寶寶不會馬上就表現出症狀，而是在出生後二到四週才開始有嘴破的情形。由於白色念珠菌在皮膚算是正常菌叢，因此若媽媽餵母乳時沒有仔細清潔乳頭、手部，也可能把念珠菌傳染給寶寶，奶嘴或奶瓶若消毒不乾淨也可能會傳染。

Oral thrush is commonly found oral disease in infants and children. It influences about 2% till 5% of the newborns, and within six months the baby likely to get this disease (4 weeks baby is the best likely to get it). Most common cause is Candida albicans bacteria in the oral mucosa surface create infection. Candida albicans can exist in the skin, gastrointestinal tract and genitourinary tract. Many newborn children got oral thrush's candida bacteria from their mother's birth canal that originally had get infected by Candida bacteria so when the baby get through the birth canal they will also get infected. But newborn baby will not immediately show symptoms, but after two till four weeks from being born it will begin to appear mouth ulcer situation. Because Candida albicans in the skin regarded as normal bacteria flora, so if the mother fed breast milk did not carefully clean the nipple, hand, it may also transmit it to the baby, pacifier or milk bottle if not disinfected cleanly may also got infected.

### 二、鵝口瘡的症狀：

Second, Symptoms of oral thrush:

患鵝口瘡的嬰幼兒，他們的口腔內、臉頰內側和舌頭上，都可看到白色、豆腐乳樣的大小顆粒。這些顆粒看起來也像奶渣，用力強行擦掉可能會出血。

Infants and young children who suffer from oral thrush could see their mouth, inside part of cheek and tongue have something white color, tofu-like big and small size of the particles. These particles look like milk residue, if forcing wipe them away may cause bleeding.

### 三、鵝口瘡的治療：

#### Third, Treatment of oral thrush:

大多數都是輕微且局部的感染，可先給予局部的抗黴菌藥物，藥物治療時間至少要持續一週以上，或當白色斑塊消失後，至少再塗抹三天才算徹底的治療。

念珠菌感染的媽媽，餵奶時乳頭會感到異常疼痛，覺得灼熱、癢，乳頭呈粉紅色。因此母親所穿的胸罩，不妨用熱水清洗浸泡，加醋或小蘇打粉清洗，乳墊勤更換，避免使用塑膠成分的乳墊。文獻指出媽媽多吃優酪乳、蔓越梅、大蒜製品及避免甜食，可減少念珠菌滋生。除了寶寶需接受抗黴菌藥物的治療，媽媽也要接受治療，以避免互相及反覆感染的機會。

Most of them are slight and partly infection, first can give antifungal drugs to some part. Need to take drug treatment continuously for at least one week or more, or after the white particles disappeared still need to take drug treatment for at least three days more for thoroughly cure it.

Mother who has candida infection, in feeding breast milk time the nipples will feel abnormal pain, hot, itchy, nipple show pink color. So all the bra worn by mother need to be soaked into hot water then added with vinegar or baking soda powder washed them, bra pad need to be replaced, avoid wearing plastic component of the bra pad. According to the study pointed out that mother eat more yogurt, cranberry, garlic products and avoid sweets could reduce the breeding of Candida bacteria. Not only the baby need to accept the treatment of antifungal drugs, but also mothers need to accept it in order to avoid opportunities of repeatedly infected to each other.

### 四、鵝口瘡的照顧：

#### Fourth, Oral thrush care:

日常生活也可以透過一些方法，減少寶寶鵝口瘡的發生。

In daily life also can use some methods to reduce baby's oral thrush occurring.

★餵奶前先以肥皂徹底洗淨雙手。

Wash cleanly your both hands with soap before feeding breast milk.

★奶嘴、奶瓶、奶嘴刷定期更換且清潔後煮沸 20 分鐘以上後保持乾燥。

Pacifier, milk bottle, pacifier brush need to regularly replaced and after cleaned need to boil them for more than 20 minutes, later need to keep them dry.

★儘量避免使用安撫奶嘴。

Try your best to avoid using pacifiers.

★寶寶的玩具應該定期清洗，清潔時，可浸泡攝氏 55 度之清水至少 10 分鐘。

Baby toys should need to be cleaned regularly. Cleaning time you can soak toys in 55 degrees celsius of water for at least 10 minutes.

★每次餵奶後可給予餵一、兩口開水，幫寶寶清除口腔內所殘留的奶渣或用紗布巾沾溫開水在寶寶口腔中輕輕來回擦拭。

Every time finished feeding breast milk can give one or two sip of water, help baby cleaning the milk residue inside the mouth or use gauze dip it in warm water and gently wipe it into baby's mouth back and forth.

### ★鵝口瘡處理步驟

Treatment procedure for Oral Thrush

1. 先至藥局購買消毒過紗布(約 3x3 公分)

First go to the pharmacy and buy disinfection gauze (size about 3x3 cm)

2. 手先洗乾淨，紗布包住 2, 3 指頭，沾煮過開水清洗嘴巴

Wash your hands cleanly, wrapped 2 till 3 fingers with gauze, dip it into warm water that has been boiled and clean the mouth with it

3. 洗完後將紗布丟棄，並重新用香皂清洗手部

After finish using gauze to clean the mouth then you need to throw it away, and re-wash your hands with soap

4. 用 2, 3 指頭沾藥粉塗抹嘴巴

Put 2-3 fingers into drug powder then apply them into patient's mouth

5. 一次一包，一天 3 次，連續使用 4 天

One package for one time, 3 times a day, continuously take medicine for 4 days

6. 4 天後，將奶嘴，奶瓶，奶瓶刷更換

4 days later replace the pacifier, milk bottle, milk bottle brush.

7. 7 天藥使用完畢（依醫師指示）

7 days finish taking drugs (see instruction from the doctor)

### 參考資料 Reference Information

黃美智、蔣立琦總校訂(2018) · 兒科護理學 (6 版) · 台北：永大。

衛生福利部國民健康署孕產婦關懷諮詢

<http://mammy.hpa.gov.tw/kbcontent.asp?cid=370>

台灣母乳協會

[http://www.breastfeeding.org.tw/tutorial/tutorial\\_detail.php?id=106](http://www.breastfeeding.org.tw/tutorial/tutorial_detail.php?id=106)

若您想對以上的內容進一步了解，請洽諮詢電話：嬰兒室 2756000 轉 4501、4502

40 病房分機 4001、4002

兒科加護病房分機 4505、4506

If you need further information about matters above, Please call telephone :Infant ward 2756000 turn 4501,4502

Ward No.40 extension 4001,4002

Pediatric intensive care unit extension 4505,4506

 天主教中華聖母修女會醫療財團法人天主教聖馬爾定醫院 關心您

ST.Martin De Porres Hospital concern about you

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