

HELPFUL POSTPARTUM RECOVERY ITEMS

Pelvic Floor Healing	
Hemorrhoids	<u>Witch Hazel pads</u> : Witch hazel is great to help reduce swelling of hemorrhoids
Peri Bottle	<u>Peri bottle</u> : This makes cleansing the vaginal area after urination much more comfortable and easy!
Herbal Perennial Spray	<u>Herbal Perennial Spray</u> : Always consult your provider first. This spray can be helpful for reducing swelling and helping tears heal.
Ice packs	<u>Ice packs with washable sleeves</u> : These are great for cooling that vaginal area to soothe and also reduce swelling (can also be used to soothe c-section incisions).
Maxi pads	<u>Maxi pads</u> : To help monitor and contain postpartum bleeding. Remember that bleeding should get lighter every day and should never soak a pad in an hour.
Stool Softener	Always consult your care provider before taking medications. Taking stool softeners can help make that first poop and the few following a lot easier.
Disposable Underware	<u>Disposable Underware</u> :
Sitz Bath	<u>Sitz Bath</u> : You can use just warm water, epsom salts, or herbs with a ritz bath. Always check with your provider first! Also check to see if this is something you can get from your provider (for hospital births) for free!
Postpartum herbs	<u>Sitz bath herbs</u> , <u>Bath herbs</u> , <u>Herbal teas</u> , remember to consult your care provider before taking any herbs.

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Breast Care	
Nipple Butter	<u>Nipple Butter</u> : Great for avoiding or healing cracked and sore nipples
Washable Nursing Pads	<u>Washable Nursing Pads</u> : These are great for catching leaks and keeping nipple butter on the breast and not on your shirt.
Haakaa	<u>Haakaa</u> : This is great for helping increase your supply and catching every drop of that liquid gold!
Lactation Massager	<u>Lactation massager</u> : This can help the milk flow and break up and clogged ducts.
Heat and Cold Packs	<u>Heat and Cold Packs</u> : These can help relieve pain and to help unclog ducts, reduce swelling, and more!
Incision Care	
Belly Wrap	A belly wrap is a tool to help the muscles in your abdomen pull back together. There are many different kinds. Remember that the goal of the wrap is to heal and not to make you skinny!
High waisted underwear	<u>High waisted underwear</u> : Make sure any that you choose are soft, not tight, and go above your scar.
Skin and Scar Balm	<u>Skin and Scar Balm</u> : Only use under the direction of a care provider.
Recovery Spray	Recovery Spray: Only use under the direction of a care provider.
Essential oils	<u>Oils</u> : Don't use any oils without consulting your care provider first! Oils have a variety of uses and can help recover your body, incision, uterus, and more!

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Other	
Epsom Salts	<u>Epsom salts</u> : These are great for soothing sore muscles. Avoid any that are overly perfumed in the first 1-2 weeks to avoid interfering with breastfeeding.
Pain Reliever	Advil: Always consult your care provider before taking any medication. Advil is the usual recommended pain reliever for after birth.
Disposable Underware	These are less necessary and more of a nicety. One less thing to worry about washing!
Comfy lounge clothes	These can be yoga pants, pajama pants, anything that is not tight and light material. Nightgowns are also a great choice!
Comfy Robe	Relatives and visitors will likely be in and out. Have something easy to through on and throw off so that you don't feel that you have to be dressed for company all the time.
Nursing Pillow	These make nursing your baby so much more comfy and less straining on your shoulders, neck, and back.
Nettle Leaf Tea	Always consult your care provider first. Nettle leaf is good for increasing iron and energy levels in your body.
Bone Broth	Bon Broth is good for restoring your body and helps hydrate and regulate fluid in your body.
Water Bottle	Helps you stay hydrated easily. Use one with a straw to help drinking while laying down be easier.
Blue Tooth Speaker	Lets you play white noise from your phone to hep your newborn sleep better. Don't forget to turn your phone on vibrate first! A white noise machine works too!
Coconut Oil	Coconut oil has a hosts of benefits and uses!

NECESSITIES BASKET

Having a basket of necessities near by will help you not have to run around a lot in those first 1-6 weeks. The goal of the basket is to help make sure when you settle in for a breastfeeding or cuddle session that you can relax and enjoy it without disturbing baby.

Helpful Necessities Basket Items

For Baby: Diapers, Wipes, Diaper rash cream, burp clothes, pacifiers, blanket, coconut oil, lotion

For Breasts: Nipple butter, breast pads, washcloths or hand towels, hand sanitizer, [Lactation massager](#), heating/cooling packs, nursing cover, haakaa

For Hydration: Water bottle, flavor packets (clear with provider, bone broth packets, chapstick

For Snacking: sweet and salty, crunchy and soft, protein, fruit, and veggie

Electronics: Chargers, bluetooth speaker or white noise machine, remote

Other: cough drops or candies, book or magazine, socks, word puzzle or coloring book, tissues, prenatal vitamins, lotion, small trash bag or Walmart bag for trash, pain reliever



Other Helpful Items to have:

- Subscription to watch online movies or listen to audio books
- Paper and pen to write down notes, instructions, or shopping lists