



Your Postpartum Recovery Checklist

VAGINAL CHILD BIRTH

Postpartum compression pants - These are amazing to help control the swelling which in turn reduces pain and scarring and provides support until your body can figure it out again. These are also great because you can just stick an ice pack right down these pants when you ice your lady parts.

Acetaminophen - It can help with perineal pain, overall aches and help reduce swelling.

Maxi pads - Postpartum bleeding can last weeks to months.

Ice packs and padsicles

Vaginal spray - We like mama organics, they will often give you some at the hospital, ask if they don't.

Sitz bath - This little tub is designed for you to just sit and soak away postpartum pain.

Peri or squirt bottle - You'll use this to rinse off your perineal area before/after peeing as the area heals.

Cotton underpants - Purchase your own or use the mesh underwear the hospital provides. Comfort is the most important thing. Make sure to take a pack or two home from the hospital if you like theirs.

Nursing bras - Invest in a few comfy ones that fit you well. Our favorite is the Adore Maternity and Nursing Bralette by BaoBei Maternity.

Lanolin - The cream works wonders to prevent and treat cracked nipples. Or Silverettes (soothe and protect).

Nursing pads - If you're planning to breastfeed, these are a lifesaver! They make them reusable or disposable, depending on your preference.

Lidocaine spray - It helps ease the pain of postpartum hemorrhoids.

Stool softener - In case you get stopped up, this can gently help get things going.

Heating pad - This can help ease aches and pains in your breasts.

If you have hemorrhoids - Tucks Medicated Cooling Pads
Witch hazel pads.

Keep it clean. This is necessary to avoid infection. Use the peri bottle to cleanse that area without causing tissue damage by wiping with abrasive toilet paper.

Stay regular. The first post-baby bowel movement can be scary, so be sure you're eating plenty of fiber-rich foods (beans, whole grains, fruits, veggies), going for regular walks, and (if needed) using gentle stool softeners. Also be sure to avoid straining. Instead, blow as if you are blowing out birthday candles and try to relax your pelvic floor. Use a warm tea or coffee to help get it moving. Relax on the toilet. Keep your normal AM poop. If it feels like you may need more support down there OR if hurts, you may need to manually splint for bowel movements. Wrap fingers in a wet wipe and press up toward your head on the area between the vagina and anus to brace your pelvic floor while poop exits your body. Not all mamas need to do this, but this counterpressure at your perineum can be very helpful to empty completely during bowel movements when your pelvic floor can't support itself.

Control swelling. Inflammation is a normal part of healing. To help expedite the process of healing we want to control the inflammation. Wearing compression leggings, doing gentle pelvic floor contractions, and using ice or padsicles are your friend!

How to make padsicles:

- Use alcohol-free (this is very important) witch hazel.
- Pour witch hazel (at least 3-4 tablespoons) on a menstrual pad and then place it in a plastic bag in the freezer. You can also add some aloe vera as well, if desired; this is not required.
- Make many of these at once and freeze them ahead of time. Change your "padsicle" just like you would your pad each time you use the bathroom. If it feels a little too cold let it thaw out for a minute. Sit on a towel if it feels like it's getting a little wet.
- These are great because you get the healing benefits of witch hazel and the numbing benefits of ice at the same time!

It is also ok to just use ice. Take as many of the perineal cold packs as you can get from the hospital. If using an ice pack from home, be smart and use a clean barrier such as a towel to protect yourself. You do not want an infection.