

POSTPARTUM CARE

Supplies

2x Adult Sanitary Briefs
OB / Chux Pad or Puppy Pads
1x Chlorine Free Ultra Pads
1x Chlorine Free Maternity Pads
2x Mesh Pants Deluxe Unisize
1x Plastic Sitz Bath Disposable
1x Peri Squeeze Bottle w/ Lid
1x Herbal Sitzbath Mix
Giant Granny Panties

Tips for Recovery

Stay in bed and REST
Enlist Help
Hot showers daily (no, really)
Use a peri bottle each time you pee
Soak in sitz bath 10-15 minutes each day
Embrace the chaos and mess
Have grace on yourself
Make sure to EAT and stay hydrated

Extras!

CALM Powder
Stool Softener - psyllium husk?
Heating Pad and Ice Packs
Lip Balm
Nursing or Sleep Bra
Robe
Socks/Slippers
Water Bottle
One handed snacks
Massage Oil
Aromatherapy spray

FROZEN PADSICLE RECIPE!

Unwrap and Lay out 6-12 Natural Pads
Pour witch hazel into pad, then top with aloe vera gel.

Line pads slightly curved in a metal bowl and freeze.

Once frozen, transfer to a freezer bag.

After birth, keep frozen pad on with your sanitary briefs and mesh underwear over top for first 1-2 days to help with swelling.

After that you can switch to regular pads.

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The first 6-8 weeks

Lochia: a bloody discharge will flow for 2-8 weeks. Lightens and will be pink or brownish. After it has reduced, if it begins to increase again or becomes redder again, it can indicate that you're being too active, and need to find a way to rest more. Do not use tampons for lochia.

Uterus Involution: The uterus returns to its normal size within the first six weeks after birth. Your uterine contractions / after pains may be uncomfortable for a few days, especially while nursing your baby.

Placenta Wound: There is a wound inside uterine wall where placenta was imbedded. This needs to heal.

B.M. You may become constipated after delivery because of relaxed muscles and a sore perineum. Doctors may prescribe stool softeners, and you should also eat fruits, vegetables, high fiber cereals, and drink lots of water. It may help to support your perineum by gently pressing toilet paper against your stitches during bowel movements.

Urinating. Urinating may be difficult for the first few days because of soreness and swelling around your urethra, especially if you had a catheter. It may help to: drink lots of liquids, or pour warm water over your perineum to help start urine flow.

Care of the Perineum. If you had an episiotomy or a tear, your stitches will dissolve in 2-4 weeks, and perineum will heal in 4-6 weeks. After you urinate, clean yourself by pouring warm water over your perineum, and carefully patting it dry with toilet paper.

Using ice packs on your perineum off and on for several days can help reduce swelling. Sitz baths can help: sit in a clean tub of warm water for ten to twenty minutes. Kegel exercises will help promote healing, reduce swelling, and restore muscle tone in your perineum. Lie down and rest as often as possible.

Hemorrhoids. Common in the first month after birth. To promote healing: avoid constipation, try kegel exercises with the muscles around the anus, witch hazel pads, and sitz baths may help.

Doctor's Visits: If you have had a cesarean section, you will typically have a follow-up with your doctor about two weeks after birth. Otherwise, you will typically have a postpartum appointment six weeks after the birth to assess your recovery.