








# C-Section Recovery Shopping Guide

	 <p><b>CICA-CARE<sup>®</sup></b> Scar Treatment</p> <p>Flattens, softens &amp; fades scars      Red &amp; Raised Scars Prevents scars on healed wounds      1 silicone gel sheet Washable &amp; reusable      Size: 6cm x 12cm</p>	<p><b>Skin &amp; Scar Balm</b> Earth Mama Organic Skin and Scar Balm improves the appearance of scars from cesarean and stretch marks. C-section warriors, take note: a nurse and herbalist formulated this balm using a radical combination of organic herbal ingredients traditionally used to help reduce the appearance of scars and stretch marks.</p> <p><b>Cica-Care Scar Treatment Gel Sheet</b> CICA-CARE Scar Treatment is a washable and reusable silicone gel sheet for use on typical scars. Medically proven to be up to 90% effective in improvement of red, dark, raised scars. 1 Gel Sheet can be used up to 28 days</p>
	<p><b>RECOMMENDED:</b> Arnica</p>	<p><b>Homeopathic Arnica</b> Great for any trauma, bruising or swelling.</p> <p><b>Homeopathic Staphysagria</b> This homeopathic remedy is known to promote healing of surgical wounds. Staphysagria is also sometimes recommended for emotional health, particularly in recovery from a trauma. If you are struggling with a sense of grief or loss because of a cesarean birth, Staphysagria may be helpful not only for physical healing but also for emotional recovery.</p>
	<p><b>RECOMMENDED:</b> Postpartum Maternity Pads KIT ~ best for hospital birth</p>	<p><b>Heavy Flow Pads</b> Even though you did not give birth vaginally, you will still experience postpartum bleeding. You'll need to have just as many maternity pads on hand for the weeks that follow.</p>
	<p><b>RECOMMENDED:</b> 5 PACK Mesh Panties or 8 PACK FridaMom High-waist for Cesarean</p>	<p><b>High-waist Disposable Postpartum Underwear</b> Mesh-free, mess-free recovery wear that stretches even more than you have, yet won't roll down over the incision. Soft, seamless and breathable to keep pads (and everything else) in place, without squeezing or pulling.</p>
		<p><b>Abdominal Binder</b> Recommended by surgeons, Abdominal binders are ideal for providing compression and support for post-natal or post-abdominal surgery, abdominal strains and weakness.</p>

	<p><b>RECOMMENDED</b></p>	<p><b>Stool Softener</b>  Many doctors may prescribe a laxative for the first few days after surgery. This helps make that first bowel movement more tolerable. Stool softeners also help prevent you from straining, which could irritate your incision. And if you've been prescribed an opioid painkiller post-cesarean, it's especially important to take a stool softener because opioid painkillers can cause constipation. Consult with your doctor before taking any stool softeners at home.</p>
	<p><b>OPTIONAL</b></p>	<p><b>Upside Down Peri Bottle</b>  The location of your incision can make bending over difficult, so have an Upside Down Peri Bottle to help with cleanup. The angled neck on our peri bottle means you don't have to bend too far over to reach down there.</p>
		<p><b>Rapid Relief® Instant Cold Perineal Compress or FridaMom Instant Ice Max Pads</b>  Quickly delivers soft cold therapy on a c-section incision to ease pain and reduce swelling of the incision area.</p>
	<p><b>RECOMMENDED</b></p>	<p><b>Nursing Pillow</b>  Whether you are breastfeeding or bottle feeding, having a nursing pillow of some kind is helpful for all parents. Having a soft pillow designed to fit around your body is a nice barrier between your incision and the weight of your baby. It also helps bring baby closer to you so you don't have to bend or lean over, which can irritate the incision.</p>
	<p><b>OPTIONAL</b></p>	<p><b>Booby Tubes Breast Packs - Warm or Cold</b>  Due to IV fluids given during cesarean, it's common for moms to have more engorgement. These booby tubes may come in handy to get you through this discomfort.</p>
	<p><b>OPTIONAL</b></p>	<p><b>Milkmaid Tea ~ Lactation Galactagogues</b>  Depending on the circumstances surrounding your c-section, milk production can be delayed due to separation time from baby and resultant lack of breast stimulation. Putting baby to breast as soon as possible and breastfeeding often to stimulate milk production will help. Organic Milkmaid Tea was created for those times when the Milk of Momness needs a little encouragement. Tasty iced or hot, Organic Milkmaid Tea is a fragrant and comforting blend of organic herbs traditionally used by nursing mothers to help support healthy breast milk production and promote healthy lactation.</p>