

DIY Padsicles

A padsicle is basically a maternity pad that's chilled in the freezer, and then placed inside your underwear to relieve pain and encourage healing after a vaginal delivery. They reduce swelling, bruising, and discomfort associated with hemorrhoids and vaginal stitches. *****Have about 10 padsicles ready and in your freezer by 37 Weeks gestation** so you are ready for when you get home from hospital, birth centre or after your homebirth.

HOW TO MAKE PADSICLES

Supplies:

- Aluminum foil
- 10 Maternity pads
- Witch hazel without alcohol
- Aloe vera gel
- Optional - Lavender Essential Oil

Step 1: Lay a piece of aluminum foil on the countertop or a table. Make sure you have enough aluminum foil to wrap around the sanitary napkin.

Step 2: Unwrap a maternity pad, and lay it on top of the aluminum foil. The back of the maternity pad can stick to the foil.

Step 3: Butter a generous layer of Aloe vera gel all over the maternity pad. (Approx. 1 Tbsp)
***Aloe vera has anti-inflammatory and analgesic properties, which can help relieve inflammation.*

Step 4: Pour or spray alcohol-free witch hazel over the pad. (Approx. 2 Tbsp)
***Witch hazel can reduce swelling, pain, and bruising, plus relieve itching and inflammation associated with hemorrhoids.*

Step 5: Optional - Add 1 to 3 drops of lavender essential oil onto the maternity pad.
***Lavender oil also has anti-inflammatory properties.*

Step 6: After applying the aloe vera, witch hazel, and optional lavender oil, gently fold the aluminum foil over the pad, and then place the wrapped pad in the freezer for at least 1 hour. (4 hours or overnight). They can be put into a zip lock bag and stored in your freezer until needed.

CAREFUL not to over saturate the pad with too much Aloe and Witch Hazel. This can reduce how well the pad absorbs postpartum bleeding, resulting in leaks.

HOW TO USE PADSICLES

Once you are ready, take one padsicle out of the freezer and allow it to thaw for a few minutes, so that it's not too cold. You'll wear it inside your underwear or mesh panties like you would wear a regular pad.

On heavy bleeding days, you may need to double up your pads since the padsicle is already saturated with aloe & witch hazel, you may need protection from overflow. Putting the padsicle on top of a larger pad or chux may be helpful.

