

Birth Supplies Canada Inc. Maternity Pad Shopping Guide

Of course you are going to need maxi pads, but not just any will do. You'll be bleeding heavy and changing your pads frequently for the first few days so have enough on hand. Avoid any maxi pads with dry weave until you have healed from any stitches down there. Dry weave has been known to pull or irritate stitches...ouch! Your caregiver will most likely suggest that tampons should not be used until after your 6 week postpartum.



IMAGE SHOWS (left to right)

- TENA Overnight Pads
- TENA Heavy Flow Pads
- Hospital Sterile Maternity Pads with Tails
- CURITY Maternity Pads
- NATRACARE Maternity Pads
- Maxi with Wings

POSTPARTUM BLEEDING

WHAT TO EXPECT

0-4 Days		+ Bright Red + Heavy like a period + Small/ Medium Clots
5-8 Days		+ Red/ Pink + Less Bleeding + Heavier when active + Small Clots
9-14 Days		+ Pink/ Brown + Minimal Loss + No Clots
3-4 Weeks		+ White/ Cream + Blood changes to discharge + No Clots

Symptoms may vary, always see your maternity professional if you're worried.

STORK MAMA

	<p>**SUGGESTED**</p> <p>2-3 x Individual</p> <p><i>Ideal for first days 0-4</i></p>	<p>TENA OVERNIGHT PADS</p> <p>Many new mother's enjoy using incontinence pads instead or in addition to Maxi Pads for the first day or two when bleeding is most heavy.</p> <p>These pads are quite large but can come in handy in labour for leaking amniotic fluid, in an emergency situation if bleeding is heavy, or for overnight.</p> <p>No need to purchase a full package in our opinion. A few on hand just incase will do.</p>
	<p>**SUGGESTED**</p> <p>1 x PACK/12</p> <p><i>Ideal for first days 0-4</i></p>	<p>TENA HEAVY FLOW PADS</p> <p>Many new mother's enjoy using incontinence pads instead or in addition to Maxi Pads for the first day or two when bleeding is most heavy.</p> <p>Great for overnight when you are not changing as frequently and need the best coverage and protection from leaks.</p>

	<p>Ideal for day 5 onward</p>	<p>HOSPITAL STERILE MATERNITY PADS WITH TAILS Ideal for clinics, emergency childbirth kits, and where sterile individually packages are needed.</p> <ul style="list-style-type: none"> • Classic, adhesive-free design with tails made for use with a maternity belt • Sterile, individually wrapped for cleanliness and convenience
	<p>**SUGGESTED**</p> <p>1-3 x PACK/14</p> <p>Ideal for day 2 onward & padsicles</p>	<p>CURITY MATERNITY PADS Our most popular maternity pad. These are nice and soft, wont irritate or pull stitches.</p> <p>**Ideal for making postpartum padsicles**</p> <p>Keep in mind that we want to be changing your pad frequently and keeping this area clean to avoid infection.</p>
	<p>OPTIONAL:</p> <p>Ideal for day 5 onward</p>	<p>NATRACARE MATERNITY PADS An organic cotton maternity pad.</p> <ul style="list-style-type: none"> • Soft certified organic cotton cover • Ecologically certified absorbent core • No plastic • No perfumes or dyes • Totally chlorine free • Biodegradable & compostable
	<p>OPTIONAL:</p> <p>Ideal for day 5 onward</p>	<p>MAXI WITH WINGS After the first week, you may still be bleeding but not as heavily. You may prefer a thinner pad with wings as you start to become more active.</p>
	<p>OPTIONAL:</p> <p>Ideal for day 14 onward</p>	<p>NATRACARE PANTY LINERS Expect your postpartum bleeding (lochia) to last several weeks. However, the last of this may be very light and only a panty liner is needed.</p>
	<p>**SUGGESTED**</p> <p>5 or more</p> <p>Ideal for first week or so</p>	<p>MESH PANTIES To go with your maxi pads are Disposable Mesh Panties. Considered a Postpartum Must Have. Due to the incredible elasticity, they conform well to your postpartum waistline yet work well to keep your maternity pad in place. Particularly helpful if you have extra heavy bleeding and/or recovering from c-section.</p> <p>It's not uncommon for Moms to purchase a few different sizes as her body changes rapidly after birth. These are considered single use, however we know they can be washed up to around 6 times.</p>