

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.

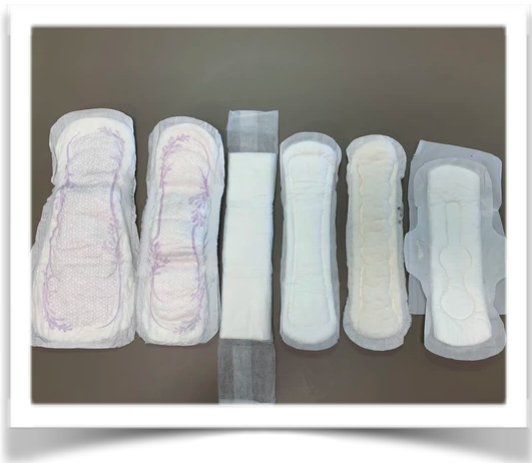


IMAGE SHOWS (left to right)

- 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.

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	<p>**OPTIONAL**</p> <p>3-10 x Individual</p> <p><i>Ideal for homebirth where your heaviest bleeding is at home. Or a hospital birth with midwives where you may be going home from hospital soon after birth.</i></p>	<p>TENA BRIEFS</p> <p>These briefs might seem like over-kill but many mother's love the simplicity of them, not needing mesh panties, and the guarantee of not leaking or a maternity pad moving around in her underwear causing a leak. Handy in labour for leaking amniotic fluid, in an emergency situation if bleeding is heavy, for overnight, and first 24 hours after birth in particular.</p> <p>No need to purchase a full package in our opinion. 10 is good if you are not planning on ordering TENA overnight. Otherwise, 3-5 in combination with other heavy flow pads.</p>
	<p>**SUGGESTED**</p> <p>3-6 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 in case will do.</p>

	<p>**SUGGESTED**</p> <p>1 x PACK/12</p> <p>Ideal for first days 0-4</p>	<p>TENA HEAVY FLOW PADS</p> <p>Many new mother's enjoy using incontinence pads instead of, 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</p> <p>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 2-3 onward & great for padsicles</p>	<p>CURITY MATERNITY PADS</p> <p>Our most popular maternity pad. These are nice and soft, and 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</p> <p>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</p> <p>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>