





















Prepare for Postpartum Shopping Guide

	<p>RECOMMENDED: At least 1-2 Packages</p>	<p>Maternity Pads Of course you're going to need maxi pads, but not just any will do. Overnight Maternity Maxi Pads of the first days AT LEAST is a must. You'll be bleeding heavy and changing your pads frequently for the first few days so have enough on hand. 1-2 large packages of heavy flow maternity pads is a good start. Don't be shy to buy more. Avoid any maxi pads with dry weave until you have healed from any stitches down there. Dry weave has been known to pull stitches...ouch! Your caregiver will most likely suggest that Tampons should not be used until after your 6 week postpartum checkup... so you're gonna need to get use to using pads for a while Mommas!</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. No need to purchase a full package, just a few on hand will do.</p> <p>These can also come in handy for labour if you are leaking amniotic fluid. Great for overnight pad when you are not changing as frequently and needs the best coverage and protection from leaks.</p> <p>RECOMMENDED: 5 x TENA Brief, 5 x TENA Overnight</p>
		<p>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. It's not uncommon for Moms to purchase a few different sizes as her body changes rapidly after birth.</p> <p>RECOMMENDED: 5-10 Mesh Panties</p>
		<p>Disposable Underpads Good to have at least 10-15 Disposable Underpads to protect your bed from leaks in the first days.</p> <p>Reusable Underpads While not an essential, a nice to have is a large reusable underpad. These are wonderful for putting under you while you sleep at night and won't move around like the disposable underpads will. These can be machine washed and used over and over again in the future for your periods and/or recovering from future births. Also great for potty training toddlers!</p>
<p>Peri-bottle</p> 		<p>Peri Bottle If you're having a hospital birth, a Peri-bottle will likely be available in your hospital room bathroom and can be taken home with you. For home birth, you'll want to get one or two. This handy toilet-side companion gets filled with either warm water or After birth perineal herb wash and is used to clean the perineum. If you are swollen or have stitches, your perineum can feel a little tender and wiping with toilet paper can irritate. Using a peri bottle to squirt warm water will help with this.</p> <p>FridaMom has a fancy upside down peri bottle which some find easier to use.</p>

		<p>Calendula Tincture A buddy for your peri bottle is Calendula Tincture. This tincture is a natural antiseptic that aids in healing your perineum after the birth. A dropper full can be added to your peri bottle after each visit to the bathroom; It can be used for making Ice Pads; and has also been used for umbilical cord healing and other various healing needs. You'll want to buy 1 bottle of calendula tincture for your birth kit.</p>
<p>DIY Padsicles</p> 	<p>10 x maxi pads 1 x aloe vera gel 1 x witch hazel 1 x spritzer bottle *optional lavender oil</p>	<p>DIY Padsicle Kit Make your own cooling and healing postpartum maternity pads! Open up the maternity pads and spread a thin layer of aloe along the surface of each. Using a spray bottle, spray Witch Hazel (with or without a few drops of lavender added) onto pad, cover with saran wrap and put in the freezer. You'll LOVE these cool pads if you're swollen in the days after birth. Make around 10 or so</p>
		<p>Witch Hazel Cooling Pads or TUCKS And for ON THE GO try these Witch Hazel cooling pads these are exceptional for perineal healing and hemorrhoids</p>
		<p>After-Birth Perineal Healing Herbs and Epsom Salts After birth Perineal Healing Herbs are a nice luxury item to add to your list. This mixture of anti-bacterial, anti-inflammatory, and relaxing herbs come with epsom salts and are a wonderful post-birth remedy for an exhausted new mom. These can be used for soaking in the bathtub after birth, added to a sitz bath or peri bottle to speed up perineal healing. RECOMMENDED: 2-4 baths depending on degree of postpartum recovery. Typically more for first time mothers</p>
		<p>Sitz Bath Popular for soothing haemorrhoids and new mom's postpartum recovery from swelling, and or stitches. Often in the water are some kinds of healing remedy such as antiseptic and or anti-inflammatory herbs or tinctures. A sitz bath can be done by simply filling the bottom of your bathtub with a little water and sitting in there. These plastic sitz baths make it a little easier so you can make a smaller batch of healing water and simply sit on the toilet. If you're wanting to do this a few times per day, a plastic sitz bath will be your friend :)</p>
		<p>Perineal Balm or Bottom Spray Both are soothing for your tender bottom and are complimentary as well. Easy to keep in your purse as you go about your day, you can spray these on your bottom after using the washroom many times a day. Again further aiding in the healing process so you can get back to feeling normal again. Balm is great for haemorrhoids.</p>
		<p>Pain Relievers You'll want to have some Tylenol and Advil on hand for postpartum aches and pains. Homeopathic Arnica A popular homeopathic remedy for trauma, bruising and swelling. **Ask your caregiver for specific advice</p>