

Lansinoh®

BIRTH PREP & RECOVERY

# POST-BIRTH WASH BOTTLE (EU)

GENTLE CLEANSING CARE



Lansinoh® Post-Birth Wash Bottle provides gentle, hygienic cleansing for easier postpartum care and recovery.

Part of the NEW Birth Prep & Recovery line designed for new mothers who deserve the best possible care. Simple, safe, and backed by research and guidance from experts.



### Ergonomically designed

for gentle washing to soothe postpartum discomfort



### Gentle Hygienic Cleansing

Provides gentle stream of soothing, cleansing water



### Designed for postpartum use

- Gentle, hygienic cleansing for stressed, tender areas and more comfortable bathroom trips
- 360ml bottle provides continuous soothing water stream without the need to re-fill
- Angled spout to help cleanse hard to reach areas
- Re-tractable spout and waterproof travel bag for portability and discretion
- For external use only



Birth



PREPARATION & RECOVERY

For more information visit: [lansinoh.co.uk](http://lansinoh.co.uk)

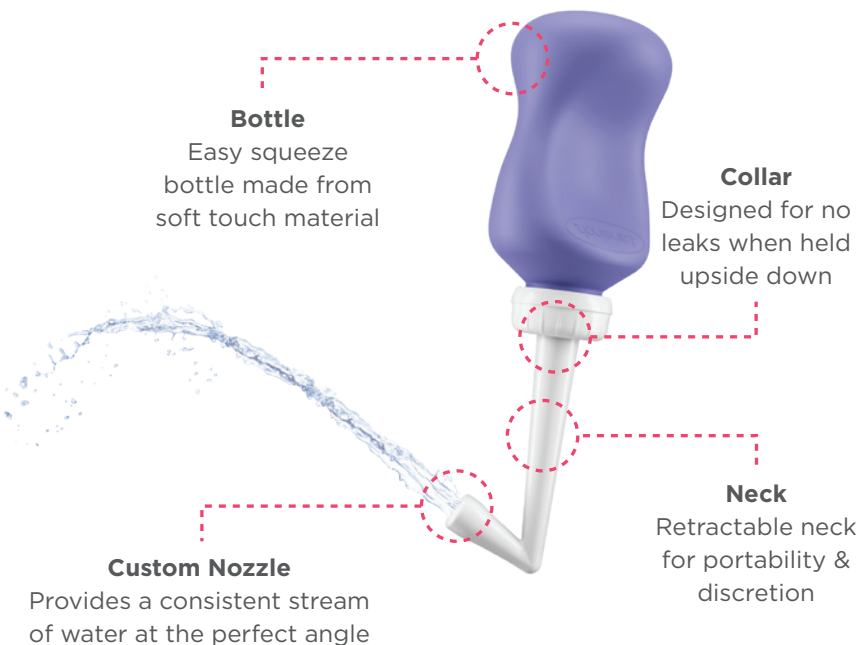
## POSTPARTUM PERINEUM HYGIENE CARE

Following birth, perineal hygiene is the first essential step to keep the perineum clean, prevent infection and support postpartum recovery.<sup>1</sup> Lansinoh Post-Birth Wash Bottle helps new mothers keep the perineum clean and increase comfort during urination. It offers a gentle alternative for mothers wanting to avoid using toilet paper at this time.

The World Health Organization (WHO) advise women to wash the perineum daily and after visiting the bathroom postpartum<sup>2</sup>

One empirical interventional study involving 80 women taught perineal hygiene (including the use of a perineal irrigation bottle to pour water over the perineum and a warm Sitz bath) showed:-

- Significantly improved comfort at 4, 24 and 48 hours and 7 days postpartum.<sup>3</sup>
- Less interference with walking, sitting, and urination at 24 and 48 hours, and at 7 days postpartum.<sup>3</sup>



### Suggested use:

Spray a steady stream of warm water during urination for soothing comfort. For external use only.

- Fill bottle with warm water. Screw cap on securely and extend nozzle firmly.
- While on the toilet, invert bottle between legs and aim the tip towards the perineal area, front to back, avoiding contact with urine.
- Squeeze bottle gently and repeat as needed.
- Empty contents and allow to dry.

### Lansinoh® Birth Prep & Recovery Organic Post-Birth Relief Spray

RRP	Product EAN	Unit Size	Unit Dimensions (cm H x W x D)
£9.99	5060420232721	1	17.5 x 9 x 8.5

#### REFERENCES

- 1 NHS (2020) Episiotomy and perineal tears. Available at: <https://www.nhs.uk/conditions/pregnancy-and-baby/episiotomy>
- 2 WHO (2006) Integrated management of pregnancy and childbirth: Pregnancy, childbirth, postpartum and newborn care: A guide for essential practice 2nd Edition. Accessed 20th May 2021
- 3 MOHAMED HAE and EL-NAGGER NS (2012) Effect of self perineal care instructions on episiotomy pain and wound healing of postpartum women. Journal of American Science 8(6):640-650

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