



Postpartum Supplies

For Your Bits

- Pain medicine- this may be IBuprofen. Check in with your care provider for suggestions on what to have on hand for OTC pain meds.
- Cooling items for your perineum
 - Things like witch hazel pads, ice packs, lidocaine spray (some hospitals send you home with Dermoplast)
 - To make your own Witch Hazel pads
 - Take a large overnight pad and pour 3-4 tablespoons of witch hazel over it, 2 tablespoons aloe gel, and a couple drops of lavender oil (optional). Spread the mixture over the entire pad, then fold the pad back up and place it in a ziplock bag. Place in your freezer for that cooling relief!

Comfort Items for Your New Friends Known as Hemorrhoids.

- Tucks Pads, Preparation H, and Earth Mama Organics, are all great brands that offer wipes, creams, or suppositories that can help with easing any discomfort.
- Stool softeners- Ask your care provider for what brands are recommended to have on hand once you arrive home.

Practical Items

- "Depends" and/or cotton underwear that can be stained without worry.
- Maxi pads- Typically a heavy flow and/or overnight pad works well.
- Chucks pads (aka puppy pee pee pads)- These can be placed under the sheet to protect your mattress and they can catch any drips from well anywhere ;)



- Peri-bottle- This little squirt bottle can ease any stinging and avoid wiping in those early days. The hospital should hook you up!
- Support belt or belly binder- If you are recovering from a cesarean birth your hospital may send you home with one, but all birthing people can use one. Some people find comfort with some pressure keeping everything in.

For The Breasts

- Nursing bras, especially a sleep bra.
- Nursing pads. (Whether you are nursing or not breasts may leak in the early postpartum period.)
- Nipple cream- Lanolin based or other creams help with cracked or aching nipples. Some brands we like are Earth Mama Organics and Lansinoh.
- Warm/Cold breast compresses- Lansinoh or Earth Mama Organics make specific to breast compresses. This helps as breasts may become engorged (see our blog on this very topic to learn more) and uncomfortable.
- Contact info for who to reach out to with breastfeeding support if this is how you are feeding.

Pro-Tips

- Have a basic grocery list written down or saved into your favorite grocery store's online shopping page that includes your staples and simple meal ingredients.
- Remember stores are always open and there are lots of delivery options, so don't feel like you must have all of these items on this page.
- Stay in the bed, on the bed, or around the bed for the first weeks. Also, wearing a robe or loungewear is a visual signal to any guests that you are in recovery even though you may look a lot like your pre-birth self from the outside.
- This is a great time to only focus on your own family's needs.
- If someone asks how to help, tell them something, anything.
- Have a Postpartum & Infant Care Doula on hand to help you navigate those early days!