

Postpartum Recovery

ESSENTIALS

VAGINAL DELIVERY

- Pads - Multiple Sizes
- Peri Bottle
- Sitz Bath Soak
- Padsicles / Healing Pads
- Witch Hazel Spray
- Postpartum Undies
- Hot & Cold Packs
- Donut Pillow

C-SECTION

- Abdominal Binder
- High-Waisted Undies
- Tylenol + Advil
- Stool Softeners
- Tuck's Cooling Pads
- Long Ice Packs
- Incision/Scar Oil
- Pads & Liners - All Sizes

BREASTFEEDING / PUMPING

- Nursing Pillow
- Nursing Bras
- Nursing Tanks
- Gel Pads
- Washable Breast Pads
- Hot & Cold Gel Bead Ice Packs (Therapearl)
- Nipple Cream
- Electric Breast Pump
- Haakaa Manual Pump
- Hands-Free Bras
- Milk Storage Bags
- Lactation Tea
- Prenatal Vitamins

SUPPORT & WELLNESS

- Therapy
- Postpartum Support International Helpline
- Local Support System
- Meal or Grocery Delivery
- Home Cleaning Service
- Courses + Resources (i.e. [Dr. Sterling library](#))
- The Fourth Trimester Book
- Child Care or Pet Sitter
- New Mom Group



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