

POSTPARTUM RECOVERY CHECKLIST

For Soothing Relief

- Preparation H Medicated Wipes (TRUST ME, YOU NEED THEM!)
- Peri Bottle (THE HOSPITAL MIGHT GIVE YOU ONE BUT GET ONE OF THE ANGLED ONES)
- Epsom Salt (MAKE SURE YOU KNOW HOW TO DO A SITZ BATH AHEAD OF TIME)
- Ice Pack (YOU PROBABLY ALREADY HAVE ONE BUT MAKE SURE YOU'VE GOT 2 CHILLED AND READY TO GO)
- Postpartum Herbal Bath (THEY SELL A FEW OF THESE, HAVE ONE ON HAND YOU LIKE)

Medications

- Pain Relievers (MAKE SURE YOU HAVE SOME ON HAND)
- Stool Softeners (NOW IS DEFINITELY NOT THE TIME TO STRAIN)

Apparel

- Granny Panties with a High Waist (IF YOU HAVE A C-SECTION, THEY ARE YOUR BFFS)
- Sleeping Bras (PICK SOME SOFT, COMFORTABLE ONES THAT GIVE A LITTLE SUPPORT)
- Nursing Nightgown & Robe (PICK SOME PRETTY ONES... IT'LL MAKE YOU FEEL PRETTIER)
- Yoga Pants (YOU WILL NEED SOME TRANSITIONAL CLOTHES THAT ARE LOOSE, COMFY, AND STRETCHY)

Other Necessities

- Pads (THE BIGGER THE BETTER... TRUST ME)
- Dark Washcloths (SO YOU DON'T RUIN YOUR GOOD ONES)
- Chocolate (OR WHATEVER YOUR FAVORITE TREAT IS)