

Postpartum

CHECK LIST

Physical care

- Tylenol & Motrin
- Stool softener
- Perineal pads
- Disposable underwear
- Incontinence briefs
- Peri bottle
- Witch hazel pads/spray
- Pain relief spray (Dermoplast)
- Perineal ice packs/padsicles
- Abdominal binder
- Unscented baby wipes
- Find a pelvic floor PT near you

Clothing

- Comfortable leggings/lounge pants
- Loose fitting shirts
- Nursing friendly shirts
- Nursing friendly pjs or comfy pjs
- Nursing/pumping bras/tanks
- Lightweight robe
- Slippers/house shoes

Emotional care

- List of postpartum mental health resources
- Find a therapist(s) near you who specializes in postpartum mental health
- Find local postpartum mental health support groups

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Breastfeeding

- Take a prenatal BF class
- Nipple cream
- Nursing pads
- Silverette nursing cups
- Nursing pillow
- Cooling nipple pads/hydrogel pads
- Milk collector/Haaka
- Manual breast pump (hand pump)
- Electric breast pump & parts
- Breast milk freezer bags
- Set up pp lactation appointment
- Find lactation support resources

Bottle feeding

- Bottles & nipples
- Bottle warmer
- Bottle brush & soap
- Bottle drying rack
- Bottle washer/sanitizer (optional)
- Microwave sterilizer bags
- Milk chiller and/or mini fridge

Miscellaneous

- Pick a pediatrician
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