

CARING FOR MOMMA

PREPARING FOR WHAT
HAPPENS AFTER BABY IS BORN

Can't Live Without

- SITZ BATH
- SITZ SPRAY OR PERINEAL BALM
- LARGE SANITARY PADS
- DISPOSABLE UNDERWEAR (THESE YOU WOULDN'T MIND THROWING AWAY IF THEY ARE RUINED)
- STOOL SOFTENER
- PERI BOTTLE (OFTEN GIVEN AT THE HOSPITAL TOO)
- ICE PADS

Repair Down There

- TUCKS
- HEMORRHOID CREAM
- DERMOPLAST FOR 4TH DEGREE TEAR PAIN

Breast Care Items

- NURSING BRAS
- NIPPLE CREAM
- THERAPY PILLOWS (YOU MAY NEED)

