

Immediate Postpartum Healing & Support Tools and Tips

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IMMEDIATE POSTPARTUM HEALING & SUPPORT TOOLS AND TIPS

Mamas



Regardless of how your labor and birth go, there is significant healing and recovery that needs to happen in the immediate postpartum period- especially the first week, but even extending into the following weeks and months depending on your specific circumstances.

There's a lot that goes on in your body during this time. You'll be bleeding for anywhere from 2-6 weeks and maybe more. You may need to care for minor vaginal/perineal tearing or a tear or episiotomy that required stitches. You may have hemorrhoids. You may have had a C-section that requires support and extra care to your incision. You may have muscle aches and pains. It may be difficult to have a bowel movement due to any of the above, plus pelvic floor weakness post-birth. If you breastfeed, your nipples may be cracked and sore as they get adjusted and your breasts may get engorged, which can be uncomfortable. And due to hormonal changes and inflammation, there are various other symptoms that are completely normal to experience in these initial days and weeks.

This may all sound overwhelming, but being informed helps you to be prepared and therefore, have a better experience. Remember, millions of women have gone through this and if there's anything that's been proven is that it's crucial to take the time to fully heal, take care of yourself and let others take care of you, and be very easy with yourself through this all. Do whatever you need to do to make that happen!

Miranda and Carolina discuss some specific products and how to use them here in the [“After Birth Must Haves” episode](#) of Miranda Cam. Check it out now!

Below is a comprehensive list- by category- of healing and support products and tools plus tips you can utilize to support your body during this initial postpartum period. While these products can help improve your experience, not all are necessary. We don't want you to feel pressured to buy all of these things! Every woman's experience and therefore, needs will be different. Plus, there is some overlap in each category so you can make choices based on your preferences. For some products, we've provided suggested brands, but these are not all-inclusive lists.

We do recommend that you first do your research and check with your healthcare provider and/or the hospital or birth center where you'll be delivering. It's very possible some of these items will be provided for you after birth, or certain things may not be appropriate for you.

From there, purchase anything you expect you'll need ahead of time. If you want to keep products and costs to a minimum, just start with The Basics. You can also add any products you're unsure of to an Amazon list or bookmark them to return to later if you do end up needing them. And, you can even add things to your baby registry!

It also can be helpful to get a few of each item for convenience. For example, if you have multiple bathrooms, it's helpful to keep a basket of products in each one so you're not limited to using only one bathroom. You can also keep a basket of breastfeeding supplies and snacks wherever you do your feedings, as well as any items you need for healing or comfort by your bed/couch where you'll be resting.

Note: The specific products listed are either recommended by us personally, or were submitted by Moms in the SP Moms Community. Street Parking is in no way affiliated with or sponsored by any product or brand recommended in this guide.

The Basics:

Pads or adult diapers

Disposable underwear (buy your own or take extra from the hospital)

Perineal/hemorrhoid cooling pads (or DIY with witch hazel and gauze)

Stool softener

Peri bottle

Nipple cream or coconut oil (if breastfeeding)

Comfy clothing

Bleeding/Discharge Care:

Pads- anything you prefer, with high absorbency (like overnight, with wings, etc.)

Incontinence underwear/adult diapers (if you prefer over pads).

[Depend FIT-FLEX Underwear](#)

[Always Discreet Boutique Underwear](#)

Underwear

[Disposable mesh undies](#) (you can also ask for extras at the hospital)

[Frida Mom Disposable Postpartum Underwear](#)

Cheap cotton underwear 1 size larger

Perineal Pain Relief:

DIY “padsicles”: Frozen, extra long, sanitary pads with witch hazel with option to add lavender, tea tree and/or aloe vera

DIY: Frozen condoms or newborn diapers

[Medline Perineal Cold Packs](#)

[Frida Mom Perineal Medicated Witch Hazel Full-Length Cooling Pad Liners](#)

Tips:

Line a clean pad/underwear with Frida liners or Tucks pads after you go to the bathroom.

Stock the freezer with DIY “padsicles” before you go into labor.

Perineal Cleaning/Healing:

Peri bottle

[TUSHY Bidet Toilet Attachment](#)

Peri spray/balm:

[Earth Mama Herbal Perineal Spray](#) and/or [Balm](#)

[Frida Mom Perineal Medicated Witch Hazel Healing Foam](#)

DIY: Frankincense and lavender essential oil diluted with water in spray bottle

Cooling/soothing pads:

DIY: Gauze pads soaked in witch hazel with option to add geranium, cypress, peppermint, and/or frankincense essential oils

Tucks pads

Sitz bath toilet seat cover

Epsom salt

Yoni Throne and herbs

Tips:

When sneezing/coughing/pooping, apply light counter pressure to your perineum (when pooping just wad some toilet paper to use while applying pressure).

Add warm water to your peri bottle and spray it on your perineum as you pee.

Hemorrhoid/Perineal Relief and Care:

Dermoplast

Tucks pads

Hemorrhoid cream:

Preparation H Cream

Calmoseptine Ointment

Blow up donut pillow

Tips:

Put Preparation H or other cream on a Tucks pad and apply it to your hemorrhoids

Hemorrhoid/Constipation Relief:

Stool softener

Colace

Squatty Potty

Overall digestive support

Fiber supplement

Garden of Life Raw Organic Superfood Fiber

Metamucil

Digestive enzymes

Enzymedica Digest Gold

Pure Encapsulations - Digestive Enzymes Ultra

Magnesium

[Natural Vitality Calm](#)

[Pure Encapsulations Magnesium \(glycinate\)](#)

Tips:

Don't think because the first time you go poop it doesn't hurt that you are off the hook. Support your digestion for weeks and continue taking stool softeners/magnesium.

Take digestive enzymes and magnesium proactively before birth (just ask your healthcare provider first).

Nipple Care/Breastfeeding Support:

Nipple cream/balm:

[Earth Mama Organic Nipple Butter](#)

Coconut Oil

[Lansinoh Lanolin Nipple Cream](#)

Dr. Jack Newman All-Purpose Nipple Ointment (APNO) (needs prescription, ask your doctor)

[Lansinoh Soothies](#)

Hot/cold breast compresses

[Bamboobies Soothing Nursing Pillows with Flaxseed](#)

[Lil'buds Breast Comfort Packs](#)

[Haakaa Silicone Breast Pump](#)

Cabbage leaves and/or peppermint essential oil- Depending on what your goal is. Both can negatively impact milk supply, so are helpful for weaning.

Tips:

Let breast milk air dry on your nipples if they are sore or bleeding.

Pop a Hakka on the opposite breast that you are nursing on and it catches all the let down. It can help ease the discomfort from your boobs feeling like rocks as your supply is regulating. You can also build a great freezer supply this way.

Muscle Soreness Relief:

Arnica cream or homeopathic

[Boiron Arnica Montana 30C 3 Tubes](#)

[doTerra Deep Blue Rub](#)

Epsom salt

[Ancient Minerals Magnesium Oil Spray](#)

Uterine/Postpartum Contraction Relief:

[WishGarden AfterEase](#)

Cesarean Support:

Belly binder/Neoprene belly wrap for ab support

Soft Tissue Healing/Repair

Collagen supplement

[Great Lakes Collagen Hydrolysate](#)

[Vital Proteins Collagen Peptides](#)

Comfort:

Bathrobe

Slippers

Comfy clothes in a size larger

Thick, solid pillows

A breastfeeding stool

Extra towels

Tips:

Use pillows behind your back and/or under your knees while breastfeeding and for propping you up when on the couch/in bed.

If you have postpartum night sweats, keep spare towels by the bed to change in the middle of the night/each morning instead of changing your sheets.