

## *Postpartum healing checklist.*

*Please follow the instructions on postpartum healing from your doctor. Don't forget to do your exercise but don't overwork yourself.*

*Here is your checklist.*

- *Bassinet or cosleeper to keep in your room with your baby close to you.*
- *Book or journal, novels, Netflix, music pod*
- *Breast pads*
- *Breast pump*
- *Burp cloths*
- *Chapstick*
- *Cheap maxi pads*
- *Comfy Nursing bras*
- *Creams or lotions to help fade stretch marks. Aloe is a good healing product*
- *Dark Comfy, stretchy clothes and gowns like yoga pants and nursing tanks*
- *Dark Cotton underpants*
- *Doctors numbers on call*
- *Epsom salts for your sitz bath*
- *Extra Pillows*
- *Healthy Snacks*
- *Heating pad or ice packs for your sore breasts*
- *Lanolin nipple cream*
- *Milk storage containers*
- *Painkillers: I used suppositories as well*

- *Paper plates and cups: to avoid washing dishes*
- *Portable baby changing station with bum cream, diapers, swaddle blankets, wipes, bibs, change of clothes and changing mat*
- *Postpartum Belly Bands, Wraps and Shapewear Products to Support Healing*
- *Stool softener*
- *Vegetables and whole grains*
- *Water and fruits high in water*

*mrschettylife*

