



# POSTPARTUM PREP

## *Your post-baby body checklist*

Hey mama,

So happy you're here! Your post-birth-bottom is already yelling "THANK YOU!" for wanting to know more about how to care for it during recovery.

Being organized for the *fourth trimester* saved my sanity. Knowing what to do and how to care for your healing body is essential in those early days. We talk endlessly about birth prep and baby prep that we tend to neglect how to prepare for healing and recovery of our perineum.

After daily questions in practice on how to prepare for this sensitive time I have created a postpartum essentials checklist. From what to put in your peri-bottle, to setting up stations in your home, this is a must-do, pre-baby guide that will help you ease into this new life for you and your little.

Happy Nesting!

Much love,

*Dr. Caitlin*

DR. CAITLIN

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## Peri-stations:

Yup, totally made that word up. However, having my bathrooms organized and stocked with these supplies allowed me to make perineal healing a priority.

Here is what you need:

- Do as FEW stairs as possible in those first three weeks. So take inventory of which bathrooms you will set up on which levels of your home. If you have a two-story home I suggest making two of these.
- Puppy pads (for the first 2-4 days of heavy bleeds) - fold puppy pad into thirds and put maxi pad in it, pull up the mesh undies and away you go - back to breastfeeding. (My midwife showed me this trick at the hospital).
- Maxi pads - 4 packs (NOT the ALWAYS brand - they stick to stitches you might have and will be too dry).
- Mesh undies - they sell washable ones at the birth class store (Birth Supplies Canada). Take as many disposables from the hospital as you can if you give birth in hospital.
- Buy medium-height, lidded garbage cans for a bathroom on each floor of your home to dispose of sanitary gear. Your normal, small bathroom garbage cans will fill too quickly.
- Keep baskets stocked - Great for spouse to keep an eye on this and run to the store when getting low!
- Peri-care supplies (as listed below).

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## Peri-care:

Peri-Bottle prep: This goes in your peri-station pack.

- Calendula Tincture (homeopathic, not oil-based). Speeds healing and reduces inflammation.
- Witch Hazel (Unscented alcohol free) Heals tears and abrasions (I used Thayer's Brand sold on Amazon or health food store).
- Peri-bottle x 2.

## Peri-Care Instructions:

- Mix a few pumps of calendula (3-6) and some squirts of WH (4-6) into your peri bottle and fill with warm water. You won't have time to measure amounts - just guess.
- Shake.
- Spray on perineum when peeing (you'll notice peeing stings, so spray each time you pee).
- Dab to dry - NEVER WIPE.

## Baths

- Have 2-3 Epsom salt baths per week and air dry your bum on a puppy pad in bed to prevent yeast infection (Midwife tip).

## Pro Tip:

- Take a probiotic and cranberry pills to prevent UTI and yeast infections.
- DO NOT push your body to exercise or exert yourself until you are cleared by your midwife or GP/OBGYN. Even after clearance, a pelvic floor physical therapy check up is recommended prior to returning to exercise. Contact me for further information.

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## Breastfeeding stations:

You'll need one in your bedroom and one in your living room.

- water bottle
- hair ties
- lanolin nipple cream
- granola bars
- damp cloth
- arnica (to take orally for healing your perineum).

## Instructions:

- Keep the cloth damp to wipe your fingers after the nipple cream. It's really oily and may ruin your furniture
- Cover your furniture with blankets to avoid damage
- Drink plenty of water when breastfeeding
- Keep nipples moisturized
- Eat regularly

## Pro Tips:

- Great for hubby/partner to keep stock of water and bars at breastfeeding stations throughout the day.
- Store extra cloth breast pads (and disposables for when your laundry needs doing).
- Ensure someone is checking up on your snacks regularly. Many good-hearted friends and family bring large dinner meals. Which is so kind! But snacks are necessary for the rest of the day to keep mama going!