



# POSTPARTUM CARE ESSENTIALS CHECKLIST

## CLOTHING

- Comfortable Clothing
- Cotton Underpants
- Postpartum Recovery Belt
- Maternity Compression  
Stockings
- Nursing Bra

## CLEANING

- Baby Wipes
- Peri-bottle or Squirt bottle

## OTHERS

- Maxi Pads
- Post natal vitamins
- Essential Oils

## PAIN MANAGEMENT

- Pain Relievers
- Heating Pad
- Ice Pack
- Sitz Bath
- Stool Softener
- Doughnut Pillow

## BREASTFEEDING

- Lanolin Cream
- Breastpads