

Postpartum Essentials Checklist



Vaginal Recovery

♡	PERI BOTTLE
♡	WITCH HAZEL PADS
♡	PERINEAL COLD PACKS
♡	PERINEAL SPRAY
♡	SITZ BATH
♡	HEAVY FLOW PADS
♡	ADULT DIAPERS
♡	PERIOD UNDERWEAR
♡	POSTPARTUM DONUT CUSHION
♡	LOOSE, COMFORTABLE CLOTHES

C-Section

♡	HIGH WAISTED UNDERWEAR
♡	BEDSIDE STOOL
♡	ANGLED PERI BOTTLE
♡	NURSING PILLOW (KEEPS BABY OFF INCISION)
♡	FIRM PILLOW TO HOLD AGAINST YOUR STOMACH WHEN YOU COUGH, LAUGH, OR SNEEZE

Universal Items

♡	POSTPARTUM PADS
♡	SLIPPERS
♡	LOOSE, COMFORTABLE CLOTHES
♡	EASY TO EAT SNACKS
♡	NURSING PILLOW
♡	NURSING PADS
♡	NURSING BRAS
♡	STOOL SOFTENER
♡	TYLENOL
♡	BEDSIDE CADDY
♡	LONG PHONE CHARGER
♡	EXTRA PILLOWS
♡	LARGE WATERBOTTLE
♡	HEATING PAD

Remember: You don't need to buy every item on this list. Every recovery is different, and some things will be more helpful to you than others.

Start with the basics and add things as you need them.