



Postpartum Recovery *Checklist*

THE BASICS:

- Overnight pads
- Witch hazel pads
- Stool softener
- Disposable underwear
- Ice packs
- Pain reliever
- Peri bottle
- Perineal spray
- Bottle/cup for drinking water
- Lip balm
- Postpartum belly wrap
- Sitz bath
- Loose pajamas or loungewear
- Robe
- Slippers

THE ESSENTIALS: BREASTFEEDING SUPPLIES

- Nursing tops
- Nursing bra
- Nursing pads
- Nipple cream
- Burp cloths
- Breast pump
- Comfy chair or recliner for feedings
- Nursing pillow

TOP TIPS THAT OFTEN GET FORGOTTEN OR OVERLOOKED:

- Hire a postpartum doula to support you and your family
- Assign a friend or family member to communicate updates, screen phone calls and text messages, and schedule visitors according to your needs.
- Have meals preplanned and available for quick meal times. Consider setting up a meal train.
- Schedule a housecleaner or ask family/friends to help with cleaning
- Look at home delivery services for everything from groceries to meals.

IMPORTANT PHONE NUMBERS TO REMEMBER

Your Care Provider : _____

Your Nurse Line : _____

Postpartum Doula : _____

Baby's Pediatrician : _____