

Postpartum Recovery Kit

Get the right essentials to heal after childbirth

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- [Have a postpartum sitz bath](#)
- Keep clean by [using these pads](#)
- Try a padsicle
- [Use a peri bottle](#)
- Take a stool softener + [bench](#)
- Create a breastfeeding kit and [include these](#)
- Take care of yourself
- [Eat well](#) & stay hydrated
- Take your vitamins
- Keep your appointments
- Get enough sleep
- Move when you can
- [Speed up scar healing](#)