understanding those postpartum supplies

Baby is not the only one who will need TLC. Here is what you will need to take care of yourself. Thankfully, the hospital should provide most of these items, but it is a good idea to have a supply of them at home, so you do not need to worry about running to the drugstore after you and baby arrive.

- ICE PACKS In case of tearing or swelling
- 2-3 WEEK SUPPLY OF ULTRA-ABSORBENT
 SANITARY PADS You will have a pretty heavy flow postdelivery.
- HEMORRHOID WIPES AND CREAM These can become necessary after labor, even if pregnancy was free of problems.
- SITZ BATH This bucket-like attachment sits over the toilet so you can give your delivery area a soothing steam bath, to encourage healing.
- WITCH HAZEL PADS Use these wipes to clean your entire tender area—chill them for extra relief.
- DISPOSABLE MESH UNDERWEAR Hey, they are not pretty, but these larger undies are great for keeping your heavy-duty maxi pads in place—it's pretty convenient to toss them in the trash when you are done, too.
- PERI BOTTLE Fill this bottle with warm water and spray yourself as you go to the bathroom.
- DONUT PILLOW It's not so easy to sit in the days after delivery, but this open cushion will help.
- SKIN NUMBING SPRAY Especially if you have had an episiotomy, this will relieve pain in tender areas.
- MOTRIN OR IBUPROFEN For pain management, and especially if you have had a c-section