Postpartum Recovery Kit Checklist

19 essentials in 4 stations, set up before baby arrives

Who it's for: Any birth · Vaginal birth · C-section · Feeding

Tick each item as it goes into its basket

Bathroom basket

Next to the toilet, for bleeding and healing

- ☐ **Overnight maxi pads** — Any birth
  Pads only: no tampons or cups for now
- ☐ **Postpartum underwear** — Any birth
  Stretchy or disposable, holds a big pad
- ☐ **Peri bottle** — Vaginal birth
  Rinse with warm water instead of wiping
- ☐ **Ice maxi pads or padsicles** — Vaginal birth
  Cold for 10 to 20 minutes, days 1 to 3
- ☐ **Witch hazel pads** — Any birth
  Soothe stitches and hemorrhoids
- ☐ **Numbing spray** — Vaginal birth
  Ask your provider before using it
- ☐ **Sitz bath** — Vaginal birth
  Warm, shallow water for 15 to 20 minutes

C-section extras

For the incision and the first weeks of lifting less

- ☐ **High-waist underwear** — C-section
  Sits above the incision, not on it
- ☐ **Abdominal binder** — C-section
  Ask your ob-gyn if it suits you
- ☐ **Heating pad** — Any birth
  For incision soreness and cramps

Feeding station

Next to the chair or bed where you feed

- ☐ **Nipple cream** — Feeding
  For sore or cracked nipples
- ☐ **Nursing pads** — Feeding
  Catch leaks between feeds
- ☐ **Hot and cold breast packs** — Feeding
  Cold for engorgement, warm before feeds
- ☐ **Wire-free nursing bras** — Feeding
  Soft and wire-free as your size changes
- ☐ **Big water bottle** — Any birth
  Within reach for every feed
- ☐ **One-handed snacks** — Any birth
  Nuts, yogurt, fruit, granola bars

Comfort and medicine

Ask your ob-gyn what is right for you

- ☐ **Donut cushion** — Any birth
  If sitting is sore
- ☐ **Pain reliever your ob-gyn approves** — Any birth
  ACOG lists ibuprofen for perineal pain
- ☐ **Stool softener, if your ob-gyn suggests one** — Any birth
  Plus fluids, fiber and short walks

Stock up by (date): _____ **Who restocks the baskets:** _____

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Postpartum Warning Signs

From the CDC: get medical care right away, up to a year after birth

Call your provider now, or 911 in an emergency, if you have:

- Headache that won't go away or gets worse over time
- Dizziness or fainting
- Changes in your vision
- Fever of 100.4°F or higher
- Extreme swelling of your hands or face
- Thoughts about harming yourself or your baby
- Trouble breathing
- Chest pain or fast-beating heart
- Severe nausea and throwing up
- Severe belly pain that doesn't go away
- Vaginal bleeding or discharge after pregnancy
- Severe swelling, redness, or pain of your leg or arm
- Overwhelming tiredness

Tell them you recently gave birth. My baby's birth date: _____

My care team

Ob-gyn or midwife		Phone	
After-hours number		Phone	
Hospital (labor and delivery)		Phone	
Pediatrician		Phone	
Lactation help		Phone	

My checkups

ACOG recommends both

- ☐ **Talk with my ob-gyn by week 3 after birth** — Date _____
- ☐ **Full postpartum visit by week 12** — Date _____

Need to talk? You are not alone.

National Maternal Mental Health Hotline: call or text 1-833-TLC-MAMA (1-833-852-6262), free, 24/7.
In a crisis, call or text 988 (Suicide and Crisis Lifeline).

Sources: CDC Hear Her campaign, ACOG, HRSA. This sheet is not medical advice: call your provider with any worry.

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