

Postpartum Essentials Checklist

- Heavy Flow Pads or Maxi Pads
- Large inexpensive or disposable underwear
- Stool Softeners
- Peri Bottle
- Healing Spray
- Tucks Medicated Cooling pads
- Pain Relievers
- Prenatal/Postnatal Vitamins
- Breast pads
- Nipple Cream
- Disposable Dishware
- Freezer Meals
- Video Streaming Service