



POSTPARTUM *care kit* CHECKLIST

ITEMS FOR MOM (PROVIDED BY HOSPITAL/BIRTH CENTER)*:

Medication

- Pain medication (Acetaminophen and Ibuprofen)
- Stool softener (if needed)

Perineal care

- Array of peri-pads
- Disposable mesh underwear
- Heating pad and ice packs
- Medicated, cooling pads
- Numbing spray
- Peri/squirt bottle

Breastfeeding/pumping

- Breast pads
- Hospital grade pump and supplies
- Nipple cream and hydrogel pads

Personal hygiene necessities

- Hospital gown, robe, socks
- Tooth brush/paste, shower items, etc.

Water mug

Special meal for two (along with room service access)

* Please check with your location as items may differ depending on the facility.



ITEMS FOR BABY (PROVIDED BY HOSPITAL/BIRTH CENTER)*:

- Baby wash/lotion
- Bottles and nipples (if needed)
- Blankets
- Bulb syringe
- Diapers
- Formula (if needed)
- Hats
- Pacifier (if needed)
- T-shirt
- Wipes

[View Hospital Packing List for Baby Delivery on Shine365 for more information.](#)



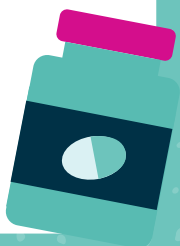
ITEMS TO HAVE AT HOME:

Medication

- Over-the-counter hemorrhoid cream
- Pain medication (Acetaminophen and Ibuprofen)
- Stool softener

Perineal care

- Array of peri-pads, ranging from super overnight absorbency to liners
- A “frozen pad” or ice packs
- Medicated, cooling pads
- Numbing spray
- A snug fitting sports bra (if not breastfeeding)



AND IF YOU ARE BREASTFEEDING:

- A loose fitting nursing bra or tank top without underwire
- Breast pads
- Breastfeeding pillow
- Breast pump and supplies
- Nipple cream



OTHER:

