





Postpartum Healing

When recovering from a vaginal birth, remember that there are 2 areas that are healing: the perineum and the wound inside your uterus where the placenta was attached.

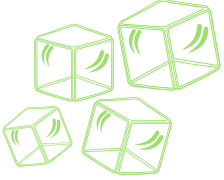



Healing Internally

- Remember that the wound inside your uterus is about the size of your open handprint... REST more than you think you should, and then more after that! 
- The bleeding from the wound inside can be quite heavy for the first day or two, tapering over the next 2-6 weeks. Refer to your care provider's instructions when determining if your bleeding is normal.
- Investing in a pack of adult diapers is wise both for labor in the event that your water breaks while you still want to be up and walking, and for the post birth bleeding that feels much more secure in a big 'ol diaper. 
- Uterine cramps are normal and may increase while nursing. Ibuprofen or homeopathic arnica can be used to help relieve this discomfort. 
- Your first post-birth poop might be a bit of a mental hurdle, especially if you spent a long time pushing during birth. Taking a stool softener can help make things pass smoothly! 



Healing Externally

- The perineum could be quite sore and swollen. The swelling is best managed with ice and rest. 
- When urinating, use the peri bottle you got in your birth kit or from the hospital. Fill it with warm water and "sprinkle while you tinkle" to dilute the urine as it passes over any tears or abrasions on your perineum
- "Pad-Sicles" are your new best friend. Take some witch hazel and sprinkle about 3-4 Tablespoons on to a unfolded Maxi pad, refold it and put it in the freezer. These can be slid into an adult diaper for a cooling and absorbent addition to your recovery. 
- Witch Hazel can also be used to cleanse the perineum after using the toilet. You can pick up a tub of hemorrhoid wipes from any drug store as they are already pre-soaked in witch hazel.
- Sitz baths promote circulation and healing of the whole body. Soaking in a warm bath with either epsom salts or an herbal sitz bath tea can be very soothing. 