

Postpartum Remedies & Reminders

Ice Packs

Condom ice packs applied to the perineum can be helpful in reducing swelling and bruising. Unlike regular ice packs, condom ice packs keep their temperature longer, are less bulky and because of their gel-like consistency conform to your body easier. After they cool, you may rinse them off, wrap in a paper towel and refreeze. We encourage preparing at least 3 condom ice packs prior to delivery and keep in your freezer.

1. Purchase a 3-5 pack of condoms, without spermicide. Rinse off any lubricant to the best of your ability.
2. Fill each condom with $\frac{2}{3}$ water, $\frac{1}{3}$ rubbing alcohol
3. Tie the end off like you would a water balloon, wrap each individually in a paper towel, place in a ziplock and freeze. The alcohol will help them freeze in a squishy/gel-like texture.
4. When needed, place a condom ice pack inside your underwear/against your perineum to help reduce swelling/bruising. **Do not insert into your vagina.**
5. When they lose their chill, you can just rinse them off, rewrap in a paper towel and re-freeze.



Herbal Sitz Baths

1. Fill the provided tea bag with sitz bath herbs.
2. Place in a large pot of boiling water with a lid, allow to steep for at least 20 minutes. (the longer the better!)
3. Remove the tea bag and set aside. Pour pot of herbal water into bath water.
4. Mother and baby can soak in herbal bath for at least 20 minutes.
5. You may reuse the previously boiled herbs once more before emptying the tea bag and refilling with fresh herbs. You may also fill your peri-bottle with the herbal water for use as well.

Arnica Tablets for Swelling/Bruising

1. Purchase Arnica (30c) pellets at HEB or the local health food store
2. Take 1 pellet every 15 minutes for 1 hour
3. Then take 1 pellet as needed when feeling pain/soreness
4. Repeat this protocol daily

Ibuprofen for Pain Relief

- Your midwife may provide you with one 800mg tablet of Ibuprofen if needed. This tablet should last for 8 hours.
- After 8 hours, you may take 200-400mg of regular Ibuprofen every 2-4 hours as needed for pain.

Other Helpful Products for Pain/Swelling

- Herbal Perineum Spray from Earth Mama
- Dermoplast numbing spray
- Tucks pads for relief of hemorrhoids and pain from perineal tears