

# Post-Cesarean Must Haves



## Belly Band

- needs compression
- breathable
- Belly Bandit, Tauts, Amazon
- belly binding services
- no more than 6 weeks (2 is preferred unless healing is delayed)

## Create A Nest

- basket/caddy: books, mags, healthy snacks, water, baby essentials (diapers, wipes, burp cloth, onesis, etc.)
- phone and phone charger
- notebook & pencil
- pillows, blankets, rest rest rest

## Comfy Bottoms

- 3-6 pair Postpartum Diapers NO JOKE
- granny panties, no-show panties
- Avoid elastic
- yoga pants or sweats
- comfort is key

## Postpartum Support

- postpartum plan
- chore list
- family, friends, The Jax Baby Company
- Ask for what you need, be direct, and accept help!