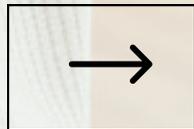


THE HOUSTON
MOM'S
**ESSENTIAL
POSTPARTUM
RECOVERY
CHECKLIST**

A FREE GUIDE

Just for you mom!

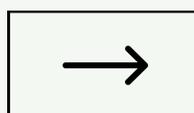


ENERGY, FUELING, & MENTAL HEALTH

Checklist

The best postpartum recovery kit essentials address the sleep deficit and emotional demands of the fourth trimester.

Category		Must-Have Item	Key Benefit
Below the Belt (Vaginal)	<input type="checkbox"/>	Highly Absorbent Disposable Underwear	More secure and comfortable than mesh panties.
	<input type="checkbox"/>	Witch Hazel Cooling Pads (Frozen)	Provides soothing, anti-inflammatory relief to the perineal area.
	<input type="checkbox"/>	Herbal Perineal Spray	Instant, touch-free relief for burning and itching.
	<input type="checkbox"/>	Elevated Toilet Stool	Reduces strain when sitting down and standing up.
C-Section Specific	<input type="checkbox"/>	High-Waisted Compression Underwear	Supports incision site and minimizes friction.
	<input type="checkbox"/>	Silicone Sheeting or Scar Gel	Assists in flattening and healing the scar (start once incision is fully closed).
	<input type="checkbox"/>	Abdominal Binder/Wrap	Offers core support and reduces pain during movement (consult MD first).
	<input type="checkbox"/>	Donut or Travel Pillow	Use to press gently against the incision when coughing or laughing.



PHYSICAL HEALING & COMFORT

Checklist

Preparation is key to a smoother recovery. Stock your bathroom and bedside table with these postpartum recovery kit essentials before you deliver.

A. Rest & Fueling

- Large Insulated Water Bottle with Straw:** Hydration is non-negotiable; a large tumbler encourages constant sipping.
- Freezer Meals (Pre-Made):** Nutrient-dense meals ready to microwave; prioritize easy protein and fiber.
- Feeding Station Baskets:** Stocked with snacks (nuts, granola bars), burp cloths, and nipple balm in every feeding spot.
- Hands-Free Pumping Gear:** Collection cups or wearable pumps to maximize flexibility while feeding/cuddling.
- Slip-on Shoes:** Avoid unnecessary bending or fussing with laces.

B. Mental Health & Support

- Noise-Canceling Headphones:** Essential for taking short sensory breaks when baby is crying persistently.
- Simple Journal/Notebook:** Helps process the complexity of emotions and reduces anxiety.
- Telehealth Provider List:** Have the contact info for a local, PMAD-certified therapist who offers virtual sessions.
- Immediate Crisis Contacts (Save to Phone NOW):**
988: Suicide & Crisis Lifeline (Call or Text 24/7)
1-833-TLC-MAMA (1-833-852-6262): National Maternal Mental Health Hotline

THE ULTIMATE REST SOLUTION

The Ruby Postnatal

Even with the best products, lack of sleep is the greatest obstacle to healing. The RUBY Postnatal, located at the Omni Hotel in Houston, Texas, offers specialized support designed to solve this massive rest deficit.

The RUBY Postnatal provides profound clinical expertise and genuine restorative care. Our highly **trained Registered Nurses (RNs) and Licensed Vocational Nurses (LVNs)** manage all nighttime infant care duties. This guarantees **parents receive uninterrupted, restorative sleep**—the single greatest catalyst for physical and mental healing.

Furthermore, the retreat includes **nourishing, chef-prepared meals and comprehensive wellness support**, ensuring you approach your recovery journey from a place of stability, not exhaustion.

This expert support is **the most powerful essential** you can add to your postpartum recovery plan.

Thanks for reading!