



PREPPING FOR POSTPARTUM

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PREPPING FOR POST-PARTUM

MAKING A SITZ BATH

Caring for yourself Post-Partum

After having your baby, your vaginal tissues may be torn, which can lead to pain, lack of mobility, and even infection. To guard against this and keep yourself healthy, make a Sitz Bath.

What herbal actions are needed?

These are the best actions, or traits, of herbs for post-partum recovery:

Antibacterial: kills germs

Antifungal: kills fungi

Vulnerary: heals wounds, esp. topically

Emollient: soothes skin

Analgesic: relieves pain

Astringent: dries things up

Styptic: stops bleeding



Best Herbs (Dry or Fresh)

Arnica	St. John's Wort
Blackberry Leaf	Thyme
Calendula	Violet Flower &
Chickweed	Willow Bark
Chicory	Witch Hazel (Not
Echinacea Leaf &	Distilled)
flower	Yarrow Flower
Elder Leaf	
Ladies Mantle	Herbs to
Lavender	Avoid
Mallow leaf	Garlic
Meadowsweet	Peppermint
Raspberry Leaf	Tea Tree
Red Clover	Comfrey
Rosemary	Ginger
Sage	Nettles
Shepherd's Purse	Clove

1. Recipe and Preparation in Advance

Collect the herbs and either dry them or use them fresh. Chop into small bits. If dry, blend them in a bowl and then pour them into a glass canning jar. Lid and label the jar. Store it in a cupboard or pantry until it's baby time.

2. When Ready to Use:

When ready, mix 2 heaping tablespoons of the herbal blend with 1 quart of boiling water.

Steep in a jar or in a saucepan for 15-20 minutes, covered, and allow to cool to warm.

3. To Use:

Strain the "tea" through a sieve and pour it into a sitz bath tray on the toilet, and sit and relax. When finished, simply pour the used "tea" into the toilet and flush.

Gently pat dry and repeat 3 to 4 times daily while recovering.

Or, dip a soft cloth into the tea and use this compress on the area, or as a rinse for C-section surgical recovery.

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For C-Section Recovery

- Use the same herbal “tea” blend. Brew a strong “tea” and allow to cool to just above body temp.
- Dip a clean, soft cloth into the tea and apply this as a compress or drippy rinse over the stomach’s surgical area. This rinse will perform the same function: providing antibacterial and astringent actions to the surgical scar to promote healing.
- Gently pat the area dry with a clean towel, and reapply 3 to 4 times daily as needed.

Materials You’ll Need

*to Prep for Post-Partum Care
Using a Sitz Bath*



To Prep Your Materials in Advance:

- Herbs: collect dried herbs from a reputable source, or grow them yourself. Make sure they’re thoroughly dried to avoid mildew.
- Medium-sized bowl for blending the “tea blend”
- A canning jar, plus lid and label, for storing

To Use the Sitz Bath After Delivery

- A Sitz bath tray (most pharmacies sell them)
- A strainer, sieve, and cheesecloth (to strain out all herbal bits)
- Fresh, clean towels and washcloths



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