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## Prepare Your Postpartum Kit

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## **Prepare For Your Postpartum**

Postpartum moms need rest, nourishment and special care. Support your healing with intentional preparation **BEFORE** you have your baby.

Based on the information found in “The Key to Postpartum Healing”, the list of what to prepare and have on hand to support your postpartum healing will guide you to better health. If you would like further assistance you can schedule appointments with Dr. Tansy Briggs by going to her website [www.tansybriggs.com](http://www.tansybriggs.com)

*Dr. Tansy Briggs specializes in postpartum care both clinically and via telemedicine. To learn more, go to: [www.tansybriggs.com](http://www.tansybriggs.com)*



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## Disclosure

The use of this guide is for informational purposes only and should not be used in lieu of the advice or the support of your doctor. If you are on any medications or have any concerns about your health or serious medical conditions, contact your doctor immediately.

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# Postpartum Healing Basics

## HEALING BASICS

Proper healing is essential for getting back to life, including exercise and work. If you give yourself a chance to heal, you have better odds of successfully “re-entering” life in whatever capacity it demands. Following these guiding principles as much as you are able to will help you heal:

- Eat warming and nourishing foods (for more information about warm foods and why keeping a warm digestion is important you can read [“The Key to a Healthy Digestion”](#) or [“The Key to Postpartum Healing”](#)) for in depth information.
  - Especially during the first month, take good care of your abdomen by resting as much as possible, using an abdominal wrap, not lifting anything heavier than the newborn baby, and staying warm (not getting chilled).
  - If you had a vaginal birth, take care of the perineum with perineal bottle washes after going to the bathroom and regular sitz baths.
  - If you had a C-section, follow your doctor’s advice and be very careful about lifting and doing too much too soon. You can also get specialized C-section panties to aid healing.
  - If you are feeling better (after four weeks for vaginal births and six weeks for C-sections), you can begin to incorporate light exercise like walking and postnatal yoga or Pilates to restore your core strength.
  - Look into additional specialist such as: Acupuncturists/ Chinese Medicine practitioners, Pelvic Floor and Lactation Specialists, Postpartum Doulas, to further support your recovery.
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**Make a plan to optimize resting and healing,  
especially in the first month.**

1. Postpartum Kit
2. Postpartum Kit for C-section
3. Postpartum pantry



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# Postpartum Healing Kit

## PREPARE YOUR BASIC POSTPARTUM HEALING KIT

- Abdominal wrap for postpartum healing
- Perineal spray bottle
- Sitz baths
- Nipple cream (if breastfeeding)
- Belly oil or cream
- Postpartum Herbal & Therapeutic Nutritional recommendations for you (consult with an integrative healthcare professional)
- Post-pregnancy panties
- Overnight menstrual pads for postpartum bleeding
- Witch hazel pads for vaginal births

## Postpartum Healing Kit for C-Section

## PREPARE YOUR C-SECTION POSTPARTUM HEALING KIT

### Minus:

- Sitz baths
- Perineal Spray Bottle

### Plus:

- Post C-section panties



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## Postpartum Pantry

It's hard to underscore just how important it is to focus on your nutrition during the postpartum period. At the same time, this is also one of the most challenging times to do so. If you prepare prior to giving birth, it will go a long way to support you the first month and beyond. The more you can organize, the easier this can be.

In my practice, I teach new moms the principles behind eating warm and nourishing foods. This helps their bodies to heal and supports breastfeeding. It also helps newborns develop healthy digestion and reduces the possibility of colic and other digestive upsets.

### 8 Ways You Can Have Warm Digestion on a Daily Basis During the Fourth Trimester (3 months postpartum)

1. Start your day with a warm, cooked breakfast. Include warming proteins with your breakfast.
2. Drink only warm or room temperature beverages.
3. Eat lots of soups and stews, such as bone broth soup, miso soup, chicken soup, and beef stew.
4. Avoid eating leftovers right out of the refrigerator without warming.
5. Avoid all raw vegetables until four months after giving birth.
6. When eating dairy, choose drier and harder cheeses (less damp and cooling) and plain or neutral flavors of yogurt. Adding cinnamon to yogurt will warm it up.
7. Avoid all fruits until two months after giving birth and then only more warming and in-season or cooked fruits.
8. Avoid most inflammatory foods until month four after giving birth, especially if breastfeeding and your baby has digestive issues.

*More in depth information can be found in the following books*



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***Thank You!***

**If you would like to go deeper or simply prefer direct expert support and guidance you can work with Dr. Briggs via telehealth and/or in-person care.**