The next phase
Now that your body is baby-free, it’s time to begin the healing process.

C-section solutions
Surgical deliveries require extra care.

Abdomen support binder, from $62, csection recoverykit.com

The triple threat: These compression undies help flatten your belly, heal your incision and minimize scarring.

C-Panty recovery underwear
starter pack, $70, upspringbaby.com

The Ultimate Belly Blaster offers two layers of medical compression material and is adjustable for different sized torsos.

Wink Shapewear compression garment, $130, winkshapewear.com

Adjustable postpartum panties shrink right along with you.

Leonisa postpartum panty with adjustable belly wrap, $25, leonisa.com

Strap on a wrap that supports, enhances and tones your recovering body.

Cinch tummy wrap, from $95, thebandspecialist.com

Hospital helpers
Immediately following birth, you’ll need these tools to get back on your game.

Soften the blow of your first postbirth bowel movement.
DulcoEase Pink stool softener, $9, dulcolax.com

A safe soak for your aching nether regions.
Motherlove sitz bath, $18, motherlove.com

Heavy bleeding requires heavy-duty protection.
Seventh Generation maxi pads, $5, seventhgeneration.com