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## Postpartum Care

Let others take care of you during your postpartum time so that you can care for your baby. Schedule acupuncture home visits for these early days: we'll use acupuncture, moxibustion, herbs and body wrapping to encourage healing.

Consider yourself on bedrest for two weeks following a vaginal birth; longer with an abdominal birth. That means: stay in bed, only getting up to use the bathroom. Let someone else bring you food, answer the door, wash the dishes. There will be plenty of time for walks with the baby later... right now, focus on being horizontal, sleeping, eating, drinking lots of water, breastfeeding and cuddling your amazing baby.

If you have any perineal tears or abrasions, apply soaked kombu (thick, slippery seaweed) to the affected area, or just place it inside your labia. It's easier to cut into 1 inch x 2 inch strips after soaking in water. Avoid ice packs applied to the vulva - we want to keep cold out of your uterus!

Use sitz bath herbs diluted in a per bottle to spray yourself clean each time you use the bathroom. I like Herolore dried herbs or Motherlove tincture.

Keep taking Natural Calm Magnesium Citrate to ensure soft bowel movements.

If you notice clogged ducts, reach out for support and I can guide you with protocols to prevent mastitis.

Eat warm foods, such as pig trotter broth with ginger (encourages milk supply), chicken or beef broth, soups and stews. Avoid cold food like ice water, salads and ice cream.

Threestonehearth.com. kitchendoula.com. thefoodiedoula.com/, and downtoearthbirth.net/personal-chef-services are great food resources.