

***Material list for postpartum care at home***

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**Material for yourself**

- PET-bottle or jug
- Breast pads \*
- 2 Packages of soft sanitary towels

**If you come home before the 4th day after birth**

- Curd (for breast packing)
- Icecubes or cold-hot-pack
- Hot water bag

**For the newborn:**

- Cotton sitcks (non sterile)
- Hair-dryer
- Babyoil\*
- Fennel tea
- Digital thermometer
- Babytub and thermometer

\*often the hospital provide these things