

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.



This adjustable postsurgery binder provides additional support and lessens pain postpartum.

AbdoMend support binder, from \$62, csectionrecoverykit.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



Adjustable postpartum panties shrink right along with you.

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



Waistline wonders
Shape up your postbaby body.

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



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

Cinch tummy wrap, from \$95, thebandspecialist.com

Easy-to-use medical-grade silicone sheets reduce, flatten and fade raised scars.

ScarAway scar sheets, \$25, drugstore.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