

Caring For The PLACENTA

After A *Lotus Birth*

Prevent accidental tugging on the placenta by keeping it close to the baby



Dress the baby in loose clothes with an opening at the front

Be cautious and gentle while lifting, feeding, and cuddling the baby



Sprinkle salt, herbs, and essential oils over it to help prevent infection and a foul smell

Moisten the placenta with gauze and water to mold it carefully under the car seat buckle while traveling



Ensure to consult your doctor about the follow-up care within one to three days after birth

