

TRICKS AND TIPS FOR *Maternity Pad Wearers*



Applying a layer of aloe vera gel on the maternity pad may relieve inflammation.

Dampening the pad with witch hazel can soothe the swelling after birth.



Putting the maternity pad in the freezer can offer a cooling effect.

Spraying the pad with a safe-to-use numbing spray can reduce after-delivery pain.



Wearing cotton underwear can improve the grip of the maternity pad adhesive.

Reference:

1. Aloe Vera: Not Just for Sunburns; Penn Medicine
2. Witch Hazel; Kaiser Permanente