

Postpartum Herbal Bath

The postpartum herbal bath is wonderfully healing for mother and baby. The recommended herbs help soothe and heal sore bottoms with or without stitches, help dry up the baby's cord stump, and prevent infections. You and your baby should take one bath per day for the first five days. If you have stitches or any lacerations, you may want to take two baths per day until healing is complete.

Herbs that facilitate tissue repair: Plantain, Palendula, Yarrow, Comfrey Leaf

Herbs that are astringent, tighten tissue, and decrease swelling: Uva Ursi, Manzanita, Yarrow, Witch Hazel, Oak, sea salt

Antiseptic Herbs to prevent infection: Lavendar, Rosemary, Rose Petral, Yarrow

Tips:

- Uva Ursi, Yarrow, Lavendar and Comfrey leaves make a great combination.
- Witch Hazel, Yarrow, Uva Ursi, and sea salt make a great combination too.
- If you are using comfrey, limit the use to 3 days.
- The astringent herbs can be drying, so their use should not be long term.

Directions:

Place 2-3 ounces of herbs into a pot with 8 cups of boiling water. Simmer gently for 10 minutes. Reserve one cup of the liquid in the refrigerator to use later as a compress. Pour the hot liquid through a strainer into a sitz bath tub or a clean bathtub. Add warm water until there is just enough to sit in and get your perineum wet. Do not dilute the solution any more than is necessary. The water should be as warm as your skin can tolerate. Soak for 10-30 minutes. Later, reheat the reserved cup of herbal infusion, dip a clean cloth in it and apply to the perineum for 10-20 minutes (redip as needed to keep it hot).

The herbal bath can be made in early labor so that it is ready when you need it. The mixture can sit at room temperature for up to 24 hours. If not used within 24 hours, strain out the herbs and refrigerate the fluid. It will keep for 2-3 days.

*In addition, many stores (Whole Foods, etc) sell pre-made postpartum herbal baths.

Adapted from www.moms-blog.com Please see your midwife for more information.