



Manea & Mama

"The Gentle Healing Box

Your C-Section Recovery Guide

A gentle guide for healing, rest, and recovery after birth
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Bringing a baby into the world through a cesarean birth is major surgery and deserves time, care, and compassion. Recovery looks different for every mother, but the most important things are rest, hydration, nourishment, pain management, and asking for help when you need it.

This recovery box was thoughtfully created to support your healing journey and help you feel cared for during those early postpartum days.





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How to utilise your box



Silicone Scar Tape

Designed to support scar healing and help reduce the appearance of scarring after your incision has fully closed.

How to Use:

- Only use once your incision is completely closed and healed
- Apply to clean, dry skin
- Follow product instructions for wear time
- Stop use if irritation occurs

Helpful Tip:

Consistency is key with scar care. Gentle daily use over time may help improve scar appearance.





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How to utilise your box



Peri Bottle

A gentle cleansing bottle designed to make bathroom trips more comfortable during recovery.

How to Use:

Fill with warm water

Use while urinating or after toileting

Gently rinse the area instead of wiping harshly

Why It Helps:

Twisting and bending can feel uncomfortable after a cesarean.

The peri bottle allows for gentle cleansing.





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How to utilise your box



Mama Pepe Oil

Contains:

- Almond oil, Jojoba oil, Coconut oil, Castor oil, Vitamin E oil, Frankincense Oil, Lavender oil

How to Use:

- Apply gently around healed scar area
- Massage lightly into skin once incision is fully closed
- Use daily as part of your recovery routine

Important:

Do not apply directly onto open wounds or unhealed skin.





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How to utilise your box



Herbal Bowel Support Tea

Many mothers shared that bowel movements after a cesarean can feel uncomfortable or intimidating due to medications, swelling, and abdominal tenderness.

A gentle herbal tea included to support digestive comfort during recovery.

After surgery and pain medication, bowel movements can sometimes feel difficult or uncomfortable.

How to Use:

- Steep in hot water for 3-5 minutes
- Sip slowly throughout the day
- Stay hydrated alongside use

Helpful Tip:

Gentle movement and hydration and high fibre foods may also help support digestion postpartum.





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How to utilise your box



Sitz Healing Bath Salts

A calming blend of:

- Himalayan salts
- Magnesium salts
- Dried lavender
- Lavender and Frankincense Oil

Created to support relaxation, muscle tension, and nervous system calm during recovery.

How to Use:

- Add a small amount to a warm bath
- Soak gently once cleared by your healthcare provider
- Can also be used as a foot soak
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Why It Helps:

Warm baths and magnesium may help support relaxation and postpartum recovery.





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How to utilise your box



Disposable Recovery Underwear

Soft, comfortable disposable underwear designed for postpartum healing.

Why It Helps:

- Gentle against sensitive skin
- Sits higher above the incision area
- Comfortable during bleeding and swelling

How to Use:

Wear as needed during the early postpartum days for comfort and convenience.





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How to utilise your box



C-Section Antibacterial Wipes

Gentle, hygienic wound care right when you need it most.

These alcohol-free, fragrance-free wipes are specially designed to keep your C-section incision clean and help reduce the risk of infection during those crucial first six weeks of recovery.

Recommended by healthcare professionals and loved by customers for their ease of use, each wipe is individually wrapped for quick, no fuss use keeping them protected, hygienic, and easy to grab whether you're at home or in the hospital.





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MOVEMENT, REST & HEALING

Moving Gently After Birth

A cesarean birth is major abdominal surgery while also entering motherhood at the same time. In the early days, even small movements may feel difficult – and that is completely normal.

Getting Out of Bed

Instead of sitting straight up:

1. Roll onto your side first
2. Bend your knees slightly
3. Use your arms to push yourself upright
4. Let your legs gently swing over the side of the bed
5. Stand slowly

Helpful Tip

Many mothers shared that holding a pillow against their stomach while:

- coughing
- laughing
- sneezing
- standing

helped them feel more supported and comfortable.





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MOVEMENT, REST & HEALING

The Importance of Gentle Movement

While rest is incredibly important, gentle movement also supports recovery.

Short, slow walks can help:

- improve circulation
- reduce stiffness
- support digestion
- lower the risk of blood clots
- help your body gradually regain strength

The key is:

✨ gentle, slow movement – not pushing yourself.

Listen to your body.





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MOVEMENT, REST & HEALING

The Importance of Gentle Movement

Support Your Pelvic Floor

Even after a C-section, your pelvic floor still needs care.

- Avoid rushing back into exercise
 - Begin gentle breathing and core connection exercises when cleared
 - Consider seeing a women's health physiotherapist if needed
- Healing from the inside out matters.

Prioritize Emotional Recovery Too

Postpartum emotions can feel overwhelming.

- It's okay to:
- Feel emotional or tearful
 - Grieve parts of your birth experience
 - Ask for help
 - Need support

You are not meant to do this alone.

Reach out to your healthcare provider if feelings of sadness, anxiety, or overwhelm become persistent or intense. I know these feelings all too well Mama so never feel alone and please reach out or go onto our website and send me a direct email.





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PAIN & HYGIENE

2. Stay On Top of Pain Relief

Do not wait until pain becomes severe before taking medication.

- Follow your healthcare provider's recommendations

- Use abdominal support when standing or coughing

- Hold a pillow against your incision when laughing, sneezing, or coughing

Managing discomfort helps you move more comfortably and recover more smoothly.

3. Keep Your Incision Clean & Dry

Your incision needs gentle care.

- Pat dry after showering

- Wear loose, breathable clothing

- Watch for redness, warmth, unusual swelling, or discharge

- Avoid soaking in baths unless cleared by your provider

- Contact your healthcare provider if you notice signs of infection.





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When to Contact Your Healthcare Provider

Please seek medical advice if you experience:

- Fever
- Heavy bleeding or large clots
- Severe pain that worsens
- Incision redness, pus, or opening
- Chest pain or difficulty breathing
- Leg swelling or pain
- Signs of postpartum depression or anxiety

Trust your instincts. If something feels off, reach out.

All the best with the rest of your recovery Mama

