

Prior to birth, mums-to-be look to purchase birth preparation and recovery products and select those which have been tested and recommended. Lansinoh® is a trusted and respected brand and is recognised as experts in the birth preparation, birth recovery and breastfeeding categories.\*

BIRTH PREP & RECOVERY  
**POST-BIRTH WASH BOTTLE** (EU)  
 GENTLE CLEANSING CARE

Lansinoh's award-winning Post-Birth Wash Bottle provides gentle, hygienic cleansing for easier postpartum care and recovery.



Following birth, perineal hygiene is the first essential step to keep the perineum clean, prevent infection and support postpartum recovery.<sup>1</sup> Lansinoh Post-Birth Wash Bottle helps new mothers keep the perineum clean and increase comfort during urination. It offers a gentle alternative for mothers wanting to avoid using toilet paper at this time.

The World Health Organization (WHO) advise women to wash the perineum daily and after visiting the bathroom postpartum<sup>2</sup>

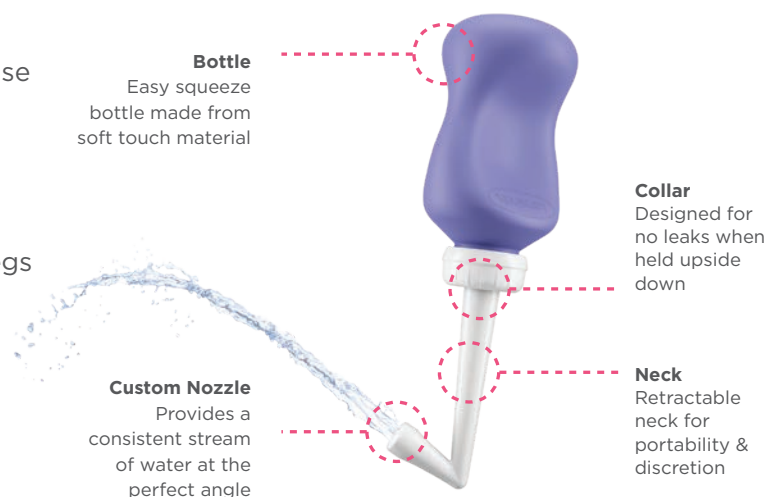
One empirical interventional study involving 80 women taught perineal hygiene (including the use of a perineal irrigation bottle to pour water over the perineum and a warm Sitz bath) showed:-

- Significantly improved comfort at 4, 24 and 48 hours and 7 days postpartum.<sup>3</sup>
- Less interference with walking, sitting, and urination at 24 and 48 hours, and at 7 days postpartum.<sup>3</sup>

**Suggested use:**

Spray a steady stream of warm water during urination for soothing comfort. For external use only.

- Fill bottle with warm water. Screw cap on securely and extend nozzle firmly.
- While on the toilet, invert bottle between legs and aim the tip towards the perineal area, front to back, avoiding contact with urine.
- Squeeze bottle gently and repeat as needed.
- Empty contents and allow to dry.



\*Reference: Mumsviews Birth Prep and recovery tracking survey with a sample of 300 women



BIRTH PREP & RECOVERY

# COLD & WARM

POST-BIRTH RELIEF PAD (EU)



Lansinoh Cold & Warm Post-Birth Relief Pads can be used to relieve pain and discomfort after childbirth. Simple, safe, and backed by research and guidance from experts.

### Cooling pain relief

from perineal, haemorrhoidal & C-section discomfort


- Reusable pad offering combination therapy for targeted, repeated relief
- Soothing comfort in a slim, smooth, pad
- ColorSmart™ gel pearls turn white when heated or purple when chilled
- Conveniently holds temperature for the doctor recommended time of 20 minutes
- Easily moulds to the body for maximum comfort even when frozen
- 1 reusable pad & 12 non-woven, disposable, hygienic sleeves included
- Non-toxic and safe to use while breastfeeding

### Warm soothing relief

from discomfort of postnatal uterine cramping

### Targeted, flexible therapy

Conforms to the body  
Remains easily pliable when frozen



### Suggested Uses

**Perineum pain and haemorrhoids**  
**Cold therapy**, applied to the affected area can reduce swelling and ease discomfort. Apply pack for up to 20 minutes at a time. Allow at least one hour between uses or as directed by your healthcare professional.

**Postpartum uterine cramping**  
**Heat therapy**, applied to the affected area may help relieve cramping discomfort as the uterus begins to return to its original size. Apply pack for up to 20 mins. At a time. Allow at least one hour in between uses or as directed by your healthcare professional. For external use only. Do not place disposable sleeves in microwave.



Our 100% natural Lansinoh® Lanolin Lip Balm is a rich, effective moisturiser which helps soothe and protect very dry, chapped lips.

No need to wonder what is on the list of ingredients – the Lansinoh Lip Balm is single ingredient and contains only highly purified anhydrous lanolin.

The easy-to-use applicator gently releases the rich balm in a smooth layer to cover lips perfectly and actively nourish them.

On the go or at home, the Lanolin Lip Balm tube can fit in any pocket ready for a moisturising lip care session.

-  Helps soothe & protect very dry, chapped lips
-  Actively moisturising and nourishing
-  100% natural, single ingredient; highly purified anhydrous lanolin
-  Clinically tested
-  Easy to use applicator