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c-ravings

ON THE MEND

C-sections are major abdominal surgeries and require some significant recovery time. Although a familial support system will be most valuable as you rest, there are a handful of products that can facilitate the healing process as well.

Czela Bellies boy shorts have a super soft chenille panel up front to provide padding between restrictive waistbands and tender incision sites.

*Czela Bellies CesareanWear
UltraLux* \$35

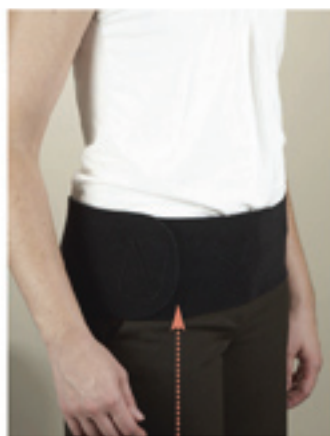


Dr. Blaine's over-the-counter gel pad and E-Sil solution combo works to fade and flatten C-section scars.

*Dr. Blaine's Complete ScarCare
Treatment Kit*
\$20

Smooth scars and restore skin's natural texture and color with ScarAway's perfectly shaped silicone sheets.

ScarAway Silicone Scar Sheets
\$60



Babybellyband's Velcro waist belt can be worn under clothing during and after pregnancy to provide extra support for strained bodies.

Babybellyband Abdominal Band
\$40



The C-Section Recovery Kit includes a host of tools to ease and speed the healing process, including a supportive belt, skin brush and massage therapy guide.

AbdoMend C-section Recovery Kit
\$74

See shopping guide for details