



Belly Wrap Fit and Wear Checklist

Put your wrap on right, wear it for the right hours, and know when to loosen it, every day this week.

Before you put it on

- 1 Empty your bladder first; a wrap presses on a full bladder and makes leaks more likely.
- 2 Stand tall, exhale slowly for 4 counts and let your lower belly draw in on its own before you wrap.
- 3 Start low on the hip bones and wrap upward; a waist-only wrap pushes down on the pelvic floor.
- 4 Snug, not tight: you should fit two flat fingers under the top edge and still take a full belly breath.
- 5 If your shoulders rise and your belly cannot move at all when you breathe, loosen it one notch.
- 6 After a C-section, place a soft cotton layer over the incision and only wrap once your provider agrees.

Wearing it through the day

- ☐ Build up slowly: 1 to 2 hours on day 1, add an hour each day, and stop at 6 to 8 hours total.
- ☐ Take it off for sleep and for your breathing practice; your muscles need that time to work alone.
- ☐ Every 2 hours, loosen it and do 5 slow exhale breaths with a gentle pelvic floor lift on each exhale.
- ☐ Loosen or remove it the moment you feel pressure low in the pelvis or a sudden need to pee.
- ☐ Pair each wrap day with 5 minutes of deep core breathing; the wrap supports, it does not strengthen.
- ☐ From week 6 to 8, taper to long walks and baby-carrying days only, not all-day wear.

Signs it is too tight or on too long

- Red marks, numbness or tingling that last more than 20 minutes after you take it off.
- A heavy or bulging feeling between your legs, or leaking urine while it is on.
- Belly bulging above or below the edge, or a coning ridge along your midline when you sit up.
- Shallow chest breathing, heartburn, or feeling sick after meals while wearing it.
- Incision pain, or bleeding or discharge that picks up after a day of wear.

7-Day Wrap Wear Log

Date	Hours worn	2-finger fit (Y/N)	Breath breaks done	Pressure or marks (Y/N)

When to get help: Heaviness or a bulge at the vaginal opening, or leaking that stays after you loosen the wrap: see your OB-GYN, midwife or a pelvic floor PT.

Free guide: **Postpartum Belly Wrap: What It Does and How to Wear One**
postpartumlibrary.com/body/postpartum-belly-wrapping

The complete plan: **The 10-Minute Mom Pooch Reset**
postpartumlibrary.com/mompooch