

...for women's special needs

PRENATAL and POSTNATAL CARE

for pregnancy and after childbirth needs



Women's Health Boutique is a unique shopping experience designed to meet your special healthcare needs, especially during pregnancy and after childbirth.

Come experience the unique ambiance of Women's Health Boutique ... "where dignity is free."

- ~ *Maternity and Nursing Bras* ~
- ~ *Maternity Girdles and Supports* ~
- ~ *Maternity Compression Hosiery* ~
- ~ *Breast Pumps and Supplies* ~
Manual, Battery-Operated, Electric
- ~ *Advanced Skin Care Products* ~
- ~ *Educational Library* ~

Also products for Incontinence, Skin Care, Wigs and Turbans
Pre- and Post-Breast Surgery, and Compression Therapy



PRENATAL and POSTNATAL

Frequently Asked Questions



What can alleviate the pain in my lower back? A properly fitted maternity belt, girdle or lumbo-sacral support relieves abdominal pressure, pelvic pressure and low back pain.

Are swollen ankles and achy legs during pregnancy something I just have to endure?

No, but this is very common due to the increased pressure on your veins from weight, greater blood flow to and from the womb, and hormone changes. Light or moderate-pressure maternity hose will relieve leg fatigue. For severe varicose veins or persistent swelling, your doctor may prescribe a higher compression stocking.

Is there a difference between maternity and nursing bras? Maternity bras should be custom fitted during the fourth or fifth month of pregnancy; being designed to expand with the breast and rib cage. The cup size of your nursing bra will be at least 1 to 1-1/2 sizes larger than your maternity bra and should provide more support.

Can stretch marks be prevented? While no product is guaranteed to take care of stretch marks, our products provide deep, penetrating moisture to the skin, which aids in the prevention of stretch marks.

Should I buy or rent a breast pump? If you are going back to work, you may want to purchase a pump for convenience, especially if you plan long-term pumping. If your baby is premature or you have breastfeeding problems that a breast pump can correct, you may prefer to rent. If you only need to pump occasionally, you may prefer a manual or battery-operated pump.



WOMEN'S HEALTH
BOUTIQUE®