

A Guide for Patients and Families

Perineal Care for Bed Bound Female

Why is perineal care important?

Performing perineal care is important as it helps maintain the comfort of your loved ones, especially those with incontinence problems.

It also prevents the breakdown of skin over the perineal region, itchiness, odour and infection.

What do you need when performing perineal care?



Non sterile gloves



Protective sheet



Waste bag



Wipes

How do you perform perineal care?



1. Perform hand washing.

2. Prepare wipes.



3. Prepare patient

- Lie patient flat on bed with legs bent and spread apart.
- Cover the perineum and expose the area when ready.
- Place a waterproof pad under buttocks to protect the person and bedsheet.



4. Put on gloves.

5. Clean perineum from front to back (use a clean surface of wet wipe to clean).

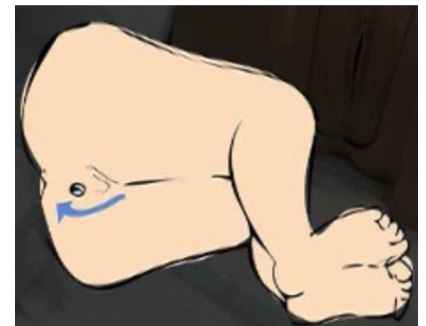


6. Check for stain on wipe and repeat Step 5 until the area is clean.



7. Spread labia majora and clean.

- Repeat steps 5 and 6 if necessary.



8. Clean rectal area.

- Turn patient to the side
- Clean from front to back with one stroke.
- Repeat step 6 if necessary.

What are the Dos and Don'ts of perineal care?

Do's

- Change diapers at least every 4 hours.
- Check wipes for any stains.
- Repeat cleaning until there is no stain observed.

Don'ts

- Apply powder to the perineum area.
- Clean the perineum from back to front.
- Use the same surface wipe to clean.