

Department of
NURSING

Perineal Care for Bed Bound Female



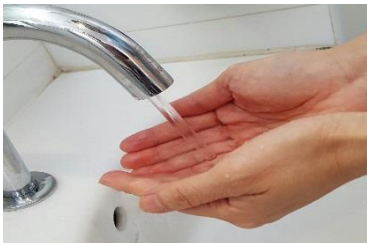
The Importance of Perineal Care

- Maintains the comfort of your loved ones
- Prevents the breakdown of skin over the perineal region, itchiness, odour and infection

Items Needed When Performing Perineal Care:

- Non sterile gloves
- Protective sheet
- Waste bag
- Wet wipes

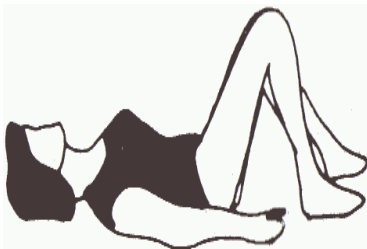
Steps in Performing Perineal Care



1. Perform hand washing



2. Prepare wet wipes



3. Prepare patient

- Lie patient flat on bed with legs bend and spread apart
- Do not bend the legs if patient had hip operation done



4. Put on gloves



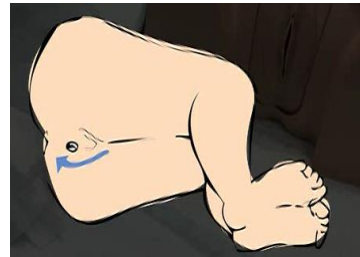
5. Clean perineum from front to back. Always use a clean surface of wet wipe to clean



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





7. Spread labia majora and clean. Repeat steps 5 & 6 if necessary



8. Clean rectal area

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

ALWAYS 	NEVER 
Change diaper at least 4 hourly	Apply powder to perineum area
Look at the wet wipe for any staining	Clean the perineum from back to front
Repeat cleaning until there are no more stains on the wet wipe	Use the same surface of wet wipe to clean



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