

Department of
NURSING

Perineal Care for Bed Bound Female



Why is Perineal Care Important?

Performing perineal care is important as it helps maintain the comfort of your love ones especially those with incontinence problem.

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

What do You Need When Performing Perineal Care?

1. Non sterile gloves
2. Protective sheet
3. Waste bag
4. Wipes

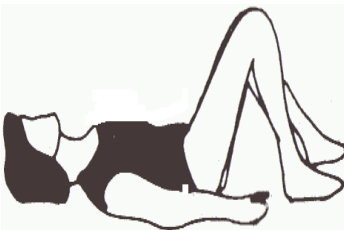
How do You Perform Perineal Care?



1. Perform hand washing



2. Prepare wipes



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



4. Put on gloves



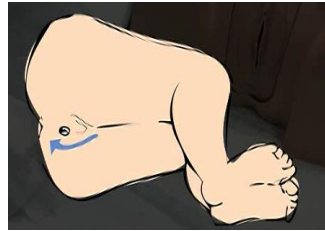
5. Clean perineum from front to back. Always use a clean surface of wet wipe to clean



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



7. Spread labia majora and clean. Repeat steps 5 & 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

What are the Dos and Don'ts of Perineal Care?



DO

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



DO NOT

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



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