

# Perineal care- A hygienic treatment to reduce Infections

## Using disposable cloths

Open the packages and remove a wet cloth



Separate the patient's labia with one hand. If the patient has an indwelling urinary catheter in place, use the other hand to clean the urethral meatus with the cloth to reduce the risk of catheter-associated urinary tract infection.<sup>20</sup> Avoid traction on



## Special Considerations

If the patient is incontinent, gently clean the skin with water or pH-balanced skin cleanser. Note: Soap, an alkaline, can strip the skin of natural oils and lead to secondary infection from fungi and bacteria; therefore, pH-balanced skin cleansers are recommended



Using gentle downward strokes, clean from the front to the back of the perineum *to prevent intestinal organisms from contaminating the urethra or vagina.* Avoid the area around the anus and use a clean section of cloth for each stroke by folding each used section inward *to prevent contamination with secretions or discharge.*



Clinical alert: Studies have shown that patients' bath basins are a reservoir for bacteria and may be a source of transmission of health care-acquired infections

Turn the patient on her side to the Sims position, if possible, to expose the anal area.

Using a new cloth, clean the anal area, starting at the posterior vaginal opening and wiping from front to back.