

Providing Perineal Care for your loved one

Overview

Perineal care is performed after one uses the bedpan, becomes incontinent, and as a part of daily bathing. As the staff performs perineal care, he/she is able to observe the skin on the perineal area for signs of infection such as lesions or swelling, which can be early signs of more serious conditions. Care performed regularly and properly will reduce the risk of urinary tract infection which can lead to bladder and kidney infection.

Equipment

- Basin
- Peri cloths
- Cleanser
- Towel
- Non-sterile gloves

Before you begin, wash your hands thoroughly and put on a pair of gloves. Then, follow these steps:

- Ask your loved one to open his or her legs if they are able. If not, you will need to gently separate the legs.
- Using a washcloth and warm water, gently clean the skin of the perineal area moving from front to back. Do not move from back to front due to the risk of introducing germs from the anal area into the urethra, a primary source of urinary tract infection.
- When you are finished washing, dry the area thoroughly to prevent skin from becoming chapped.
- Never reuse linens used to clean the perineal area to clean any other part of the body. Use a clean washcloth for this area only to minimize the spread of germs.
- If bed linens are soiled or become wet during the cleaning process, they will need to be replaced as quickly as possible.
- Place used linens in the appropriate receptacle. Help your loved one move to a comfortable position. Dispose of gloves and wash hands.

As you work, remember it is important to look for signs that may indicate infection. This can include pain or tenderness in an area, rashes, sores, or boils. If you notice any of these signs, report them to the nurse immediately.

Male Peri Care

- **If not circumcised, hold shaft of penis and gently retract foreskin.**
- Using circular motion, wash tip of penis (if using soap, avoid getting it into meatus.)
- Repeat cleaning from meatus outward until clean; if needed, return foreskin to natural position.
- Wash shaft and testicles. Pay attention to folds and groin area.
- Rinse (if soap used) and pat thoroughly dry
- Using separate cloth, wash lower abdomen or any other areas that may have been exposed to urine or feces.
- Reposition your loved one to a side-lying position, cleanse anal and buttocks area with toilet tissue if excess fecal matter.
- Rinse (if soap used) and pat dry.
- Apply barrier cream with staff assistance in thin layer to all skin-fold areas if required.
- Make loved one comfortable.

Female Peri Care

- Help loved one flex knees and widen legs (if not able, may keep straight) or turn your loved one on side with legs flexed.

- Carefully wash one side of perineum at a time from front to back.
- Repeat procedure using clean area on cloth or use a fresh cloth. Pay attention to folds and groin area.
- Rinse (if soap used) and pat thoroughly dry
- Using separate cloth, wash lower abdomen or any other areas that may have been exposed to urine or feces.
- Reposition loved one to side-lying position, cleanse anal and buttocks area with toilet tissue if excess fecal matter.
- Rinse (if soap used) and pat dry.
- Apply barrier cream with staff assistance in a thin layer to all skin-fold areas if required.
- Make loved one comfortable.