



Perineal Care

Is the cleaning of the area between a client's legs. Sometimes referred to as the "private parts". Keeping this area clean is especially important when people are unable to control bladder and bowels. Excreta left on the skin is unpleasant and uncomfortable and if left unattended can lead to skin breakdown. **Perineal care may be performed as part of general bathing or as a separate procedure as needed by the client.**

Perineal Care for Males

- ✓ Wash hands and put on disposable gloves.
- ✓ Explain and or offer to hold his penis and wash with soap and rinse the tip with warm water. Always wash from the small opening (urethra) where the urine flows, outward or towards the end of the penis. Use a different part of the washcloth or ready wipes to prevent spreading germs (contamination) of the urethral opening. Ready wipes can be warmed by running slightly under warm water before using.

- ✓ Explain and or offer to wash rinse and dry the shaft of the penis. Wash and rinse in the direction of the pubic area. Note: if the individual is not circumcised, be sure the foreskin is pulled back and wash, rinse, and dry the penis. Return the foreskin to its natural position .
- ✓ Explain and or offer to spread his legs and wash, rinse, and dry the scrotum (the two sacks at the base of the penis). Clean between the skin folds in this area and under the scrotum thoroughly.
- ✓ Explain and or offer to wash, rinse, and dry the anal area, moving front to back.
- ✓ Always use a different part of the washcloth or ready wipes for washing each area. Dry all areas thoroughly because moisture between skin folds may cause cracking of the skin and skin breakdown.
- ✓ Remove disposable gloves and discard into trash receptacle and then wash hands.

Perineal Care for Females

- ✓ Wash hands and put on disposable gloves.
- ✓ Explain and or offer to separate the folds of the skin in her genitals called the labia, and wash with soap using a washcloth or ready wipes with **one** down stroke on the sides of the labia. Ready wipes can be warmed by running slightly under warm water before using
- ✓ Explain and or offer to clean with a different side of the washcloth or ready wipes, by washing down the middle of the labia. Rinse from front to back. Note: always wash from the pubic area (front of the genitals) to the anal area to prevent contaminating the urethral opening (where the urine comes out) with germs or bacteria from the anal area.
- ✓ Explain and or offer to wash, rinse, and dry the anal area, moving front to back.
- ✓ Always use a different part of the washcloth or ready wipes for washing each area. Dry all areas thoroughly because moisture between skin folds may cause cracking of the skin and skin breakdown.
- ✓ Remove disposable gloves and discard into trash receptacle and then wash hands.