

PERINEAL CARE

PURPOSE:

1. To cleanse the perineum
2. To prevent infection, odor and skin irritation
3. Maintain resident comfort

EQUIPMENT:

1. Waterproof bed protector pad/incontinence product (brief) or undergarment
2. Basin of warm water and soap or perineal washing solution – no rinse.
3. Washcloths (cloth or disposable).
4. Towels.
5. Disposable gloves.
6. Bath blanket or sheet. (if the resident is in bed)
7. Moisture barrier ointment if ordered.

PROCEDURE:

1. Gather and assemble equipment.
2. Identify resident, introduce yourself, provide privacy (pull privacy curtain).
3. Put on disposable gloves.
4. Position the resident on their back if possible, place a waterproof bed protector under the resident. (if the resident is in bed)
5. Cover the resident with a bath blanket or sheet. (if the resident is in bed)
6. Draw up the cover or sheet to expose the perineal area.
7. Apply soap or perineal wash to a wet washcloth.
8. Wipe in only one direction, from front to back and from center to thigh. Fold wash cloth to allow for clean area with each new stroke and/or change wash cloth as necessary.

FEMALE PERINEAL CARE:

- Separate the labia, wash the area around the urethra first wiping downward from front to back. Never wipe upward from the anus.
- Continue to wash between and outside the labia using downward strokes, moving outward to the thigh.

MALE PERINEAL CARE:

- Pull back the foreskin of the uncircumcised male.
 - Wash and rinse the tip using a circular motion, beginning at the urethra.
 - Continue to wash down the penis to the scrotum and inner thigh.
9. If soap used, use fresh water and a clean washcloth to rinse the area with the same strokes.
 10. Gently pat the area dry in the same direction.
 11. Ask and/or assist the resident to turn on one side facing away from you. (if the resident is in bed)
 12. Apply soap or perineal wash to a wet washcloth.

13. Clean the rectal area thoroughly, wiping in strokes from the base of the labia or scrotum and over the buttocks. Rinse the area (not necessary if no-rinse perineal wash used) and dry the area thoroughly.
14. Remove or change the bed protector pad and apply an incontinence product (brief) or undergarment
15. Clean or dispose of equipment
16. Remove gloves and wash hands before touching the resident or other objects in the room.

Perineal care may also be provided during AM/PM care in bathroom or during shower/bath.

Apply moisture barrier ointment, if ordered, once perineum is dried.

NOTE – if resident requires additional assistance or asks for an item during perineal care, remove gloves and wash hands before assisting the resident. Put on new gloves before returning to perineal care. If resident's bed needs to be placed in the lowest position for safety, remove gloves, lower the bed then wash hands before touching the resident or other objects in the room.