

Section: Division of Nursing
Approval: _____

* **PROCEDURE** *

Index: 6160.006a
Page: 1 of 1
Issue Date: April 23, 1990
Revised Date: January 2010

HACKETTSTOWN COMMUNITY HOSPITAL

Originator: A. Malloy, RN
Revised by: L. Herrera, RN
P. Swanson, RN, MSN

MATERNAL SERVICES
(Scope)

TITLE: PERINEAL CARE

PURPOSE:	To outline the procedure to instruct the patient in her own personal hygiene and to prevent infection.	
SUPPORTIVE DATA:	Proper instruction, demonstration and daily use of supplies will help patient have an infection-free recovery.	
EQUIPMENT:	Maternity Kits: 2 packs maxi pads, 2 pericold packs, 1 peri bottle, 1 disposable underwear, 1 pair slippers, and 1 tucks	
CONTENT:	PROCEDURE STEPS:	KEY POINTS:
	1. Instruct patient to wash hands.	
	2. Take peri-pad off from front to back.	Prevents bringing bacteria from anal area forward.
	3. Have patient place soiled napkin in waste container.	
	4. With warm water in peri-bottle, have patient spray vaginal area thoroughly.	
	5. Using fresh tissue each time, have patient pat dry vaginal area.	Bacteria normal to the anal area could cause a urinary tract infection if proper cleansing is not carried out.
	6. Following bowel movement, gently wipe with tissue from front to back.	
	7. Complete procedure by spraying perineal sutures with topical medication. May alternate with cortisone cream.	As ordered by provider.
	8. When Tucks have been ordered, apply either directly to perineum and anal area or place on peri-pad putting peri-pad on from front to back.	Instruct patient to wash her hands thoroughly when procedure is completed.