

# Sitz Bath



## Why:

*Sitz baths (soaks) are highly recommended because the warm water helps soothe and relax the anal sphincter and pelvic muscles. The warm water greatly reduces the spasm, thus reducing your post-operative pain. This will also help alleviate pressure, itching, and will keep the area clean.*

**It is a very important part of your pain management regimen.**

**Please complete as recommended.**

## How:

### Bath Tub –

*If you're taking a sitz bath in the bathtub, make sure that the bath tub is clean.*

- Fill the tub with so the water comes up to your waist (WATER ONLY). The water should be as warm as tolerated, not too hot.
- Sit inside the tub and soak your perineum for 15 to 20 minutes.
- After getting out of the bathtub, dry the area with a hair dryer on cool setting, or pat dry the area. Don't rub or scrub the perineum, as this may cause pain and irritation.
- Replace the dressing as needed.

### Plastic Kit –

A plastic sitz bath kit is a basin that fits over the toilet. They can be purchased at Walgreens.

*Rinse the bath kit with clean water before using it*

- Add warm (but not hot) water. WATER ONLY, nothing added.
- Place the sitz bath into the open toilet. Test it by trying to move it side-to-side to ensure it will stay in place and will not shift. You can pour warm water in before you sit down, or you can use the plastic bag and tubing to fill the tub with water after you have sat down. The water should be deep enough so that it covers your perineum. Soak for 15 to 20 minutes.
- If you used the plastic bag, you can add warm water as the original water cools. Most sitz baths have a vent that prevents water from overflowing. The water conveniently overflows into the toilet and can be flushed.
- When you are finished, stand up and dry the area with a hairdryer on the cool setting, or pat the area dry with a clean cotton towel. Avoid rubbing or scrubbing.
- Give the basin a proper cleaning after every use.

**Repeat 3 times a day at minimum. It's suggested that you do a soak before and after a bowel movement.**

## IMPORTANT ADVICE:

- Make sure you measure your toilet seat size before buying the item in order to achieve the right fit.  
*If you have a standard oval or round shaped toilet you should be able to make it fit.*
- Do NOT add anything to the water.
- Sit for 15-20 minutes each time