



## PERINEAL CARE

The perineum is the area between the vagina and rectum. Cleansing the perineum regularly will help relieve discomfort and promote healing. Perineal care should be done in the morning and at bedtime or more frequently if desired.

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### Procedure

- Wash your hands.
  - Fill the peri-bottle with a solution made of 1 part hydrogen peroxide and 4 parts warm water. Be sure to test the water temperature for comfort before filling the bottle.
  - Sit on the commode. Lean back on the commode and open your legs.
  - Squeeze the peri-bottle slowly and squirt the solution over the entire perineal area, starting from front to back.
  - Pat the area dry using a 4"x4" piece of gauze or toilet tissue and wipe from front to back. A hair dryer on cool setting may be used to dry the area if it is too sore to touch.
  - Be sure to use a fresh solution of peroxide and water with each use.
  - Baby wipes may be used that do not contain alcohol or perfumes.
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### AFTER HOURS

If you need immediate emergency medical attention, please dial 911 or go to the nearest emergency room. All other medical attention outside of the Center's regular office hours (8:00 a.m. to 4:30 p.m., Monday – Friday) will be answered by our telephone answering service who will have a doctor from Mary Bird Perkins Cancer Center return your call.

TELEPHONE:

**Essen:** (225) 767-0847

**Woman's:** (225) 215-7100

**Gonzales:** (225) 664-1205

**Hammond:** (985) 542-5000

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