

A sitz bath is the process of soaking the perineal area (urethra to anus) in warm water. It promotes healing of episiotomies, tears, fistulas or surgical sites. Sitz baths can provide pain relief, relaxation, and wound healing by increasing blood flow to the area and cleansing the area.

Where do I get one?

- There are actual sitz baths that fit over a toilet seat and have a bag that holds the warm water. They can be purchased online or in retail stores such as Target for around \$15- \$20.
- If this resource is not available, a homemade sitz bath can be created in the bathtub.

How do I make a sitz bath?

Manufactured sitz baths:

- Fill the plastic bag full with **warm** water (not too hot!)
- Ensure the tubing is hooked into the plastic basin
- Place the plastic basin over the toilet seat
- Hang the bag from a hook in your bathroom or tie it to a towel rack, etc. - something above the top of the toilet bowl
- Sit on the seat and let the warm water run from the bag over your perineum and into the basin which drains into the toilet
- Refill the bag with warm water once it's empty to continue bathing
- Use a blow dryer on low warm setting to dry the perineal area after the sitz bath (do not use a towel)
- Repeat this 3 times a day for about 10 minutes per bath

Bathtub sitz baths:

- Fill the bathtub 2-3 inches with **warm** water (not too hot!)
- Ensure the entire perineum is submerged
- Drain and refill the bathtub if the water gets too cool
- Use a blow dryer on low warm setting to dry the perineal area after the sitz bath (do not use a towel)
- Sit in the water for 10 minutes, 3 times per day

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