MICHIGAN MEDICINE
UNIVERSITY OF MICHIGAN

Wound Infection-Perineum

Keep your perineal area clean and dry:

- Use the spray bottle filled with warm water each time you use the restroom.
- Pat dry, gently, from front to back, with tissue or flushable wipe.
- Change your pad each time you use the bathroom.
- Wear loose cotton underwear or go without underwear when possible.
- Use a cool blow dryer to dry completely
- Soak in the tub or use the Sitz bath at least three times a day.
- Wash your hands carefully to prevent the spread of infection, especially before touching the baby or your breasts.

Promote healing of the area:

- Get lots of rest.
- Eat lots of protein: meat, fish, cheese, eggs, legumes, and peanut butter.
- Eat plenty of Vegetables and Fruit.
- Drink at least 8 glasses of water daily.
- Take your prenatal vitamin daily.
- Take your pain medication as needed for comfort and to allow you to care for yourself and your baby.
- Keep your bowel movements soft with fiber or over the counter laxatives.

Call Triage (734) 764-8134 if:

- You have a fever greater than or equal to 100.4
- Your perineum is not improving after 48 hours.
- You notice foul-smelling lochia (vaginal discharge and bleeding) or uterine tenderness (below your belly button).
- You have hard or infrequent bowel movements.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by University of Michigan Health System is licensed under a Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License. Last Revised 12/2016