

## Chapter 16

### PERINEAL CARE

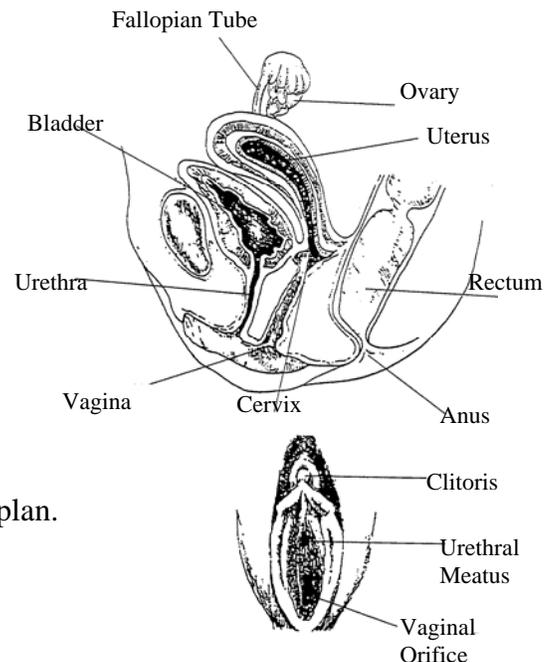
#### PROCEDURE FOR GIVING PERI CARE TO THE FEMALE CLIENT:

1. Gather necessary equipment.
2. Wash your hands. Put on gloves.
3. Explain what you are going to do.
4. Provide privacy.
5. Assist client to back-lying or side-lying position; place towel or bedpan under hips.
6. Cover client with a towel or sheet.
7. Expose peri area. Gently wash the inner legs and outer peri area along the outside of the labia (see Figure 16.2).

NOTE: USE A CLEAN AREA OF WASH CLOTH FOR EACH WIPE OF PERI AREA PER SERVICE PLAN.

8. Wash the outer skin folds from front to back.
9. Wash the inner labia from front to back.
10. Gently open all skin folds and wash the inner area from front to back.
11. Rinse the area well, starting with innermost area and proceeding outward.
12. Wash and rinse the anal area.
13. Pat the peri area dry.
14. May apply a light dusting of powder to outer peri area (optional) as per service plan.
15. Remove towel, bedpan, or sheet.
16. Remove and dispose of gloves.
17. Remove, clean, and store equipment.

*Figure 16.2, Giving Peri Care to Females*



18. Wash your hands.
19. Make the client comfortable.
20. Record observations and report anything unusual to nurse/supervisor.

### **Chapter Review**

1. What are the purposes of perineal care?
2. What specific measures should be taken when giving perineal care?
3. How do you give perineal care to the male client according to proper procedure?
4. How do you give perineal care to the female client according to proper procedure?