

# Sitz Bath

After gynaecological surgery, the skin may get red and sore. At this time, a member of your Care Team may suggest using a sitz bath. Sitz baths are used to lessen discomfort and itching, soothe the skin, and keep the area clean.

### ***What is a sitz bath?***

A sitz bath is placing your bottom in a small amount of warm water with baking soda a few times a day to heal and clean the area.

### ***How do I take a sitz bath?***

A sitz bath can be done using your bathtub at home or using a plastic sitz bath that fits over a toilet seat. You can buy a plastic sitz bath from a drug store. A large basin could also be used.

### ***Instructions***

1. Wash hands
2. Fill plastic sitz bath two-thirds full with lukewarm water or your bathtub with enough **lukewarm** water to soak your bottom. Do **NOT use hot water**.
3. Add at least 1 to 2 tablespoons of baking soda to the lukewarm water (enough to make the water feel silky)
4. Do NOT add bath oils or anything else to the water
5. Soak your bottom in the sitz bath for 10-15 minutes
6. GENTLY pat dry your bottom with a clean, soft towel or allow the area to air dry. You may use a hairdryer on the COOL setting to dry the area. Do NOT rub dry.
7. Clean the plastic sitz bath after each use

A sitz bath should be done 2-3 times a day and/or after each bowel movement. **Please let your Care Team know if you are having pain or itching that is not relieved by the sitz baths.**