Your child has had an injury to the perineum. This is the area between the anus and the vagina or penis. To help this heal faster, your child’s doctor has ordered a sitz bath.

**To prepare a sitz bath:**

1. Fill the bathtub with enough water to cover your child’s lower abdomen when sitting.
2. Make the bath water warm – not hot or cold.
3. Add _________________ to the water as ordered.

Have your child sit in the bathtub for 15-20 minutes at least 2 times a day (or as the doctor ordered). Be sure to have your child spread his legs so the water will soak the sore area. Have your child swish the water around to create waves between the legs.

After the bath, dry the area between your child’s legs gently with a clean towel. Do not rub. If instructed, place a dressing on the open sore. Have your child put on clean underwear and loose fitting clothes.

Clean the bathtub with bleach after each bath. Be sure to rinse it thoroughly.

**Call your child’s doctor or the Children’s Mercy Hospital Information Line at (816) 234-3188 if your child:**

- Complains of increased pain.
- Develops a fever above 101.5° F (38.6° C).
- Has pus or bloody drainage from the area.