

## **Sitz Bath**

A Sitz Bath is a shallow, warm bath that you sit in. A Sitz bath can help heal the perineum, or anal area. The perineum is the area between the genitals and the anus. Sitz baths are recommended to help relieve discomfort, facilitate healing, and help facilitate perineal hygiene after bowel movements.

### **Sitz Baths are recommended for:**

- **Anal Fissures**, which is a small tear in the lining of the anus
- **Hemorrhoids**, which are swollen veins in the lower rectum that can cause pain or itching
- **Anal Fistula**, a tunnel that develops between the inside of the anus and the outside skin around the anus
- **After Rectal Surgeries:**
  - Hemorrhoidectomy
  - Anal Fistulotomy
  - Anal Sphincterotomy
  - Incision and Drainage of Abscess
  - Hemorrhoid Rubber Band Ligation

### **How to Perform a Sitz Bath:**

- Fill a clean bathtub with 2-3 inches of plain, warm water (do not add soap, bubble bath, soaking salts, or anything else to the water). Make sure the water temperature is not too hot.
- Sit in the warm water for 10-20 minutes at a time for at least 2-3 times a day. You can perform more often, if needed.
- After you are finished with the Sitz Bath, gently pat the area dry with a clean, soft towel.
- Repeat Sitz Bath as often as needed