

## After Surgery Sitz Bath Instructions

This handout offers information on how to do a sitz bath after surgery. A sitz bath helps clean, soothe and heal your irritated skin.

Use a sitz bath 3 to 4 times a day for 10 to 15 minutes each time. Continue to do this until the irritation of your skin goes away.

### What you need to do your sitz bath

- Your bathtub or a plastic sitz bath basin that you can buy at most pharmacies.
- Warm water.
- A lint-free towel.

### Using your bathtub to do your sitz bath

1. Clean and rinse out your bathtub before you use it.
2. Fill your bathtub with about 6 inches (15 centimeters) of warm water.
3. Sit down into the water.
4. Lay back in the tub.
5. Soak in the tub until the water cools (about 10 to 15 minutes)
6. Air-dry the area or gently pat yourself dry with a lint free towel.

### Using a sitz bath basin to do your sitz bath

1. Clean the sitz bath with soap and water. Rinse it well before you use it.
2. Fill the basin until it is  $\frac{2}{3}$  full with warm water.
3. Put the basin under the toilet seat.
4. Sit down into the water (any extra water will flow into your toilet).
5. You should not touch the bottom of the basin when you sit into the water.
6. Soak until the water cools down (about 10 to 15 minutes).
7. Air-dry the area or gently pat yourself dry with lint free towel.

### For questions or concerns

Call the nurse navigator for the Gynecology Oncology Diagnostic Assessment Program at 905-576-8711 extension 32917 (between Monday to Friday from 8 am to 4 pm – except on holidays) if you have questions or concerns about any information in this handout.

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