Sitz Baths

Your doctor has prescribed sitz baths for your problem. This treatment is a good way to provide moist heat to the genital and anal areas. A sitz bath is recommended in conditions that cause pain, itching, swelling or irritation. A sitz bath can be done in a:

- Regular bath tub.
- Very large dish pan.
- Special plastic bowel and bag device that fits inside the toilet bowl.

Use plain warm to hot water with enough water in the bath to cover the irritated region. During your sitz bath you can use a cloth to gently wash the area. The bath should last 10-15 minutes.

Be sure to dry your buttocks and genital area very well when you are done with your sitz bath; a hair dryer set on low works well for this. Your caregiver may recommend a lotion or ointment to use after you are dry.

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