

Perform perineal irrigation

(會陰沖洗)

■ Purpose

- Maintain vaginal microbiota health and prevent bacterial vaginosis
- Prevent genitourinary tract infections and reduce the risk of preterm birth in pregnant women on long-term bed rest
- Promote perineal wound healing and comfort in postpartum women after vaginal delivery

■ Timing of Irrigation

- During bed rest, heat and moisture can accumulate, increasing the risk of infection. It is recommended that pregnant women on bed rest perform perineal irrigation once daily or cleanse with water after bowel movements.
- Postpartum women are advised to cleanse the perineal area daily with warm water or use a perineal rinse bottle during the lochia period.

■ Incorrect Cleaning Methods

- Using vaginal douching products: Disrupts normal flora, increases risk of infection and preterm birth
- Using soap or scented products: Disrupts vaginal pH balance, may lead to infection
- Incorrect wiping direction (back to front): Can introduce bacteria into the vaginal area
- Excessive cleaning: May cause dryness and irritation in the intimate area



■ Correct Cleaning Steps

- Clean the perineal area once daily, or rinse as needed after using the toilet.
- Use warm water or pH-balanced products, and always clean from front to back.
- Avoid deep cleansing inside the vaginal canal.
- Gently pat dry with a soft towel and keep the area well-ventilated and dry

■ When to Seek Medical Attention

- If you experience unusual odor, burning sensation, or changes in vaginal discharge
- If you have itching, pain, or abnormal swelling
- If there are signs of infection or discomfort, consult an obstetrician-gynecologist promptly

■ Gentle Reminder

- The vagina has a natural self-cleaning ability; avoid excessive cleansing
- Do not self-prescribe douching products or topical medications
- Change underwear daily and keep the area dry and well-ventilated

For reference only. Please follow your doctor's instructions.



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■ Quick Review

Question 1: () Pregnant women on bed rest are advised to rinse the inside of the vagina several times a day.

Question 2: () Vaginal douching products are necessary to achieve complete cleanliness.

Question 3: () When cleaning, rinse the perineal area from top to bottom, front to back.

Correct Answers:

Q1: X Q2: X Q3:○

References

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