



Caring for Yourself



The Basics

Do I need to keep using the spray bottle (peri-care) I was using in the hospital?

The spray bottle (peri-care) is used to lessen discomfort, prevent infection and promote healing

- Continue until there is no vaginal discharge and your perineum (area between the anus and the vulva [the labial opening to the vagina) is comfortable.
- Rinse your perineum with warm water, using a plastic peri-care bottle every time you use the toilet. Pat yourself dry with toilet paper from front to back.
- Spray water while passing urine to decrease stinging.
- Try pulling in your muscles prior to sitting down.
- Sit on a pillow or soft surface for added cushioning.

