

SITZ BATH FOR EPISIOTOMY WOUND HEALING**Ms. Saraswati S Sajjan* | Dr. Brintha Balakrishnamony******Research Scholar, Himalayan University, Itanagar, Arunachal Pradesh, India.****Professor, Himalayan University, Itanagar, Arunachal Pradesh, India.***DOI: <http://doi.org/10.47211/idcij.2023.v10i01.013>****ABSTRACT**

Sitz is from the German word sitzen, which means to sit. A sitz bath is a cure done by sitting in warm, at the water depth at which the uppermost deck of a sunken vessel remain above the water's surface. It is very helpful in soothing pain, itching, and other symptoms in the anal and genital areas. If you do not have a portable sitz bath sent home with you, you can generally sit in the tub filled 2-3 inches with warm water for the same effect. It has a soothing effect, It increases blood flow to the perineal region which helps with healing, helps to reduce swelling, helps to reduce pain etc.

Key Words: SITZ bath, warm water, wound healing.

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INTRODUCTION

Sitz is from the German word *sitzen*, which means to sit. A sitz bath is a cure done by sitting in warm, at the water depth at which the uppermost deck of a sunken vessel remain above the water's surface. It is very helpful in soothing pain, itching, and other symptoms in the anal and genital areas.

"Giving birth is a powerful and life-changing event with a lasting impact on women and their families". All women who are pregnant will undergo the process of delivery [Pore SY,2014].The process of delivery may be normal delivery, vacuum delivery, forceps delivery or cesareansection. During the normal delivery process, the baby from the mother's womb is delivered through the vagina, and the episiotomy is performed to enlarge the birth canal by the healthcareprovider [Suseela S, 2012].

During delivery, the mother has to experience enormous pain to bring out the baby from the womb. After delivery, the mother may experience perineal discomfort due to the episiotomy incision. A surgical incision made in the perineum to enlarge the birth canal at the time of crowing to deliver the baby without any complications is considered episiotomy [Cindiya Jobson Wilbert, 2015].

A Sitz Bath is a bath, in which a person is asked to sit in a water tub up to the hip level. A sitzbath is otherwise called a hip bath. The term "sitz bath" is derived from "the German word *sitzbad*", which means "A bath in which one sits". Sitz bath is given with warm water or cool water. A warm water sitz bath is recommended to reduce the pain, itching, and discomfort [Kaur S, Sheronon p 2014]. Sitz bath makes it easy to clean genital areas A sitz bath helps clean and treat certain problems in the anal area, genital area, and the perineum. The perineum is the area between the anus and the vulva in women. In men, it is between the anus and the scrotum. A sitz bath helps increase blood flow to these areas and relax the muscles.

Sitz Bath is warm water, shallow bath that cleans the perineum, which is the space in between the rectum and the vulva or scrotum. A sitz bath can also provide relief from pain or itching in the genital area. The benefits or advantages of providing a sitz bath include relieving perineal irritation, pain, and swelling and it prevents soreness and burning sensation around the perineum. Sitz bath is indicated for hemorrhoids, Ano-rectal infections, and surgeries and for the vaginally delivered mother during the postnatal period [Tian C, 2018].

Episiotomy incision is almost common for successful vaginal birth in all primiparous (Gun I et al 2016). The usual use of episiotomy has decreased in advanced countries, but women in Asian countries are prone to wide tearing of the perineum due to short perineum and tight tissue; therefore, this method is commonly used in these countries (Lam KW et al 2006). Delay in wound healing increases the risk of infection and unpleasant anatomical outcomes, and the infection can lead to dangerous complications and even death (Karacam Z et al 2013).

Observing perineal hygiene, drying the wound site, and using different treatments both in pharmaceutical and non-pharmaceutical methods are among the measures that can be done after delivery to accelerate wound healing. In choosing pharmaceutical therapies, there should be some considerations despite clinical trials and empirical documentation for using them. Digestive problems and dangers caused by medicine transfer through breastfeeding and possible complications for the child are among these considerations (Cavanagh HM et al 2002).

When to Use

The postpartum sitz bath can be done often throughout the day (The Bump,2020) and is a lot easier than getting into the bathtub. If you do not have a portable sitz bath sent home with you, you can generally sit in the tub filled 2-3 inches with warm water for the same effect. Or you can order a portable sitz bath for your home, like the Yungatart sitz bath shown.

Or rest assured that an entire body of recent research, with titles like Kill the Sitz Bath and Save the Planet, (Gottesman L, 2018) recommends the use of a detachable shower head (Abcarian H, 2018) to achieve the same cleansing and soothing effect. Another study, drawing on research largely in gynecologic and nursing journals, came up with no real scientific evidence supporting the use of a sitz bath at all, (Tejirian T, Abbas MA, 2005) at least so far as the treatment of anorectal conditions like tears and hemorrhoids.

The same research found that cold sitz bath reportedly decreased perineal swelling more than a warm sitz bath, and patients tended to prefer the cold bath. There has been a very small study showing that using a common sitz bath at a hospital potentially spread some infections. (Wiesenthal AM,1984). This is a very old study, but it may influence how your local hospitals provide care. If you are concerned, you can ask about using a portable sitz bath.

**BENEFITS OF SITZ BATH (DR. U.J. AGIM, 2020, PERINEAL CARE USING SITZ BATH)**

- It has a soothing effect
- It increases blood flow to the perineal region which helps with healing
- Helps to reduce swelling
- Helps to reduce pain
- It has an antiseptic effect
- Prevent infection at the site
- Keeps the area around the wound clean

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