



How to Use a Sitz Bath

What is a Sitz Bath? It is a convenient type of tub that sits on top of your toilet and looks kind of like a hat. They come in various colors and are used to soak your perineal area to relieve swelling and discomfort after giving birth. You may use either fresh warm or cold water in the sitz bath. Epsom salts are typically used, but there are certain herbs/essential oils that offer healing benefits. As always, check with your Healthcare Provider or Midwife before using a sitz bath to ensure proper safety or any restrictions.

Preparing your Sitz Bath

Fill your sitz bath tub with just enough water to submerge your lady bits. Add the Epsom salt. You can use either warm or cold water, so experiment with what temperature feels best to you. Just place it on top of a toilet and you're ready to go.

Soak your perineal area for 15-20 minutes.
Use soft towels that you don't mind getting stained to pat dry. Don't rub!!
Repeat up to 2-3 times per day.
That's it. Simple and easy, and it will make such an impact on how you feel!

**** I am NOT a medical professional, and can only provide evidence-based publications regarding this topic.****

<https://pubmed.ncbi.nlm.nih.gov/3641900/>
[https://www.jognn.org/article/S0884-2175\(15\)32827-6/abstract](https://www.jognn.org/article/S0884-2175(15)32827-6/abstract)

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