

Washing Male Genitals and Anal Area

This is often known as male perineal care

- Infection control procedures apply
- Wear suitable protective equipment, especially gloves
- Ensure the environment is a suitable temperature
- Ensure absolute privacy
- Prepare properly as you would any bathing process

- Cover the client so that only the area between his lower abdomen and upper legs are visible whilst the client lies on their back
- Put a waterproof pad underneath the person to keep the bed, surface dry
- Wash the penis from its top, downwards towards its base making sure your cloth stays warm and well rinsed as you do this
- If the penis is not circumcised, carefully pull back the foreskin and clean under it, making sure your cloth stays warm and well rinsed before you do this
- Wash the scrotum, ensuring any skin folds are clean and that the underneath of the scrotum is clean, making sure your cloth stays warm and well rinsed
- Using a dry towel or suitable cloth, dry the penis and scrotum using the same sequence
- Check - do the penis and scrotum look healthy or are there any causes for concern?
- Using a clean cloth and fresh warm water, the client having turned onto their side, starting from between their scrotum and up towards their anus wash their anal area
- From their buttocks at the lower part of their back wash down towards their anus to clean this part of their anal area
- Check - does the anal area look healthy or are there any causes for concern?
- Using a dry towel or suitable cloth, dry the anal area using the same sequence
- Then remove the waterproof pad, abdomen and leg covering etc. dress the client appropriately and make sure they are comfortable.
- Follow appropriate practices for the disposal of waste, contaminated laundry etc.