

# How do you use a bidet?



## Handheld Bidets (Bidet Sprayers)

### 1. Stay Seated or Stand:

Handheld bidet sprayers can be used while seated on the toilet or standing next to it.

### 2. Hold the Sprayer:

Hold the sprayer with one hand and control the water pressure by pressing harder or lighter on the handle.

### 3. Spray the Area:

Direct the spray nozzle towards the area you want to clean. Start with a gentle stream and adjust as needed.

### 4. Dry Off:

After cleaning, pat dry with toilet paper or a towel. **Reduced Irritation:** Anal fissures are small tears in the lining of the anus that can cause pain and bleeding. Bidets help by cleaning the area gently, minimizing further irritation and allowing for a more comfortable healing process.