SITZ BATH

A sitz bath is a warm, shallow soak you do at home to help soothe pain, burning, or itching in the anus, genitals or perineum (the area between the anus and genitals). You can use a bathtub or a sitz bath basin/kit on the toilet, and the warm water should be comfortable (lukewarm) while you soak for 10–20 minutes.

Others use the sitz bath or hemorrhoids, or an anal fissure.

It is recommended to do several sitz baths daily to help.

Here is another one we found:
Add 1 Tbsp Borax to a bath of warm water and sit in the mixture for 5 minutes. Then do 30 seconds cold water application with 2-3 crystals potassium permanganate – water should be light pink.