

# مقایسه اثر نوار حاوی ژل خنک کننده با بسته یخ بر شدت درد پرینه بعد از

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## Comparing the Effect of Colling Gel Pads and Ice Pack, after Episiotomy, on the Intensity od Perinal Pain

### Abstract

**Introduction:** There are still considerable morbidities associated with childbirth, despite of the fall in material mortality in the last country. Episiotomy is performed for most of primiparous women and the pain related to this treatment is typically treated with oral analgesic medications. Application of cooling devices is a new approach in pain reliefe.

This research was carried out, from October 2005 to February 2006, to determine the effect of two cooling devices (gel pad and ice pack) on the intensity of perineal pain and to compare its effects with no localised treatment regime (control) in women who gave birth at Hazrat Ommolbanin University Maternity Hospital in Mashhad –Iran.

**Material and Methods:** In this randomized controlled trial, 121 women, with the necessary criteria were sampled and randomly allocated in the two groups of cold therapy (ice pack, cooling gel pad) and the control group (acetaminophen). At hospital, during a period of 4 hours after episiotomy, and then on demand of individuals, to reclnce the intensity of perineal pain at home, subjects received analgesia. During the first 4 hours and on the days 1, 2, 5, 10 after episotomy, perineal pain intensity was evaluated, using Numeric Rating Scale (NRS). Evaluation of women satisfaction from analgesia accomplished on the day 10. Data analyzed by statistics parametric and nonparametric methods, using the SPSS software.

**Results:** There was a statistically significant difference in the intensity of perineal pain in three groups at 4 hours ( $p=0.003$ ) and on the day 10 ( $p= 0.044$ ), after episiotomy, which was in favour of the maternity gel pad group. A considerable variation, observed in the reduced necessity for medication and satisfactory treatment, among three groups.

**Conclusion:** Maternity gel pads are effective in reducing the perineal pain intensity, and the need for medication. Therefore, cooling gel pads are suggested as a safe and adequate method of perineal pain relief, which is applicable both at hospital and home.

**Keywords:** Episiotomy, Perineal pain, Primiparous, Cooling gel pad, Ice pack, Pain reliefe

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