

A Clinical Study of the Rate of Episiotomy and Perineal Outcomes after Delivery

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Abstract

Episiotomy is widely performed as a 'routine' procedure during childbirth. The potential benefits for the use of the episiotomy include the prevention of severe perineal lacerations and pelvic floor relaxation. Evidently, episiotomy procedure may increase the likelihood of severe perineal pain, healing outcomes, and third or fourth degree tears. In spite of all these factors this procedure still remains a clinical practice and as part of normal delivery. The aim of this study was to investigate the rate of episiotomy and perineal outcomes after normal delivery. This cross-sectional study was conducted using a self-administered survey and chart review in two government hospitals located in Bangkok, Thailand. Anonymous patient's data of 400 women was analyzed using descriptive statistics. The results revealed 80% of women received episiotomy. 2.2% of women who had episiotomy experienced a severe perineal laceration, compared to those who delivered without episiotomy. Perineal pain appears to be highest (90.94%) in women who had episiotomy than those who had spontaneous delivery without episiotomy (70%). Therefore, restrictive use of this procedure should be recommended to reduce complications and increase comfort for women after delivery.

Keywords: birth interventions, Episiotomy, perineal, delivery, vaginal birth

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