

EPISIOTOMY

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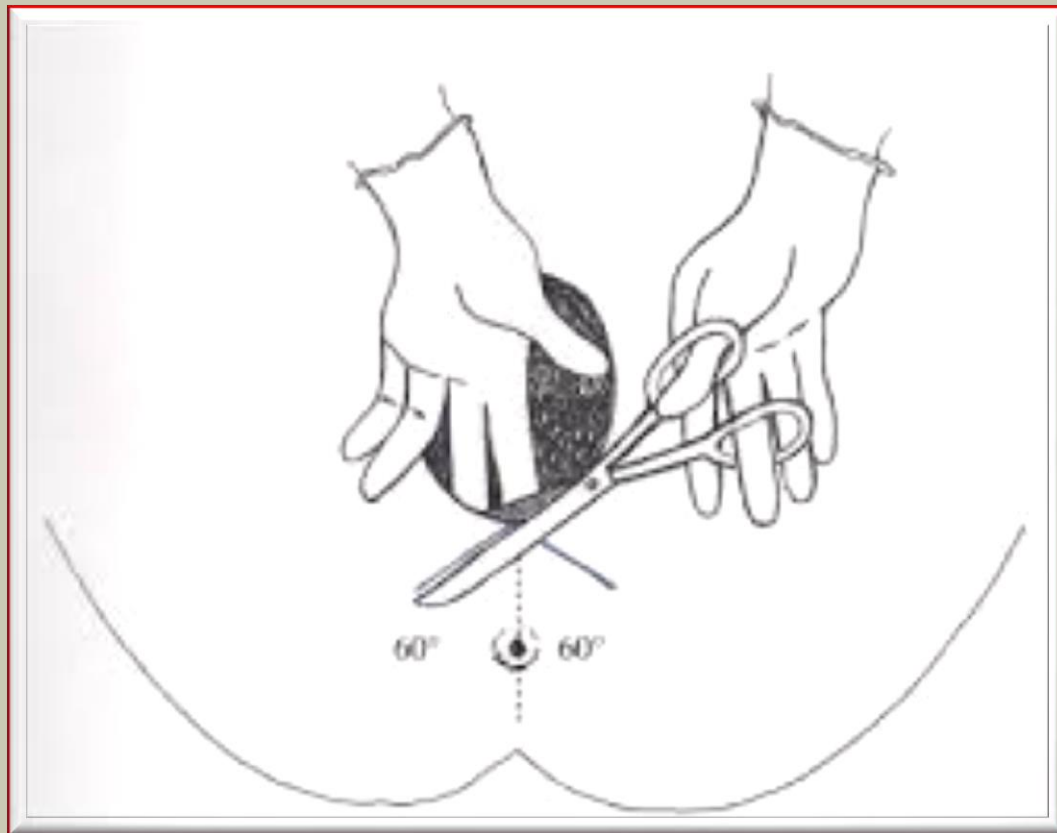
is a perineal incision to widen vaginal orifice in second stage of labor.

TYPES OF EPISIOTOMY

Midline or median incision.

A midline or median incision is done vertically. A midline incision is the easiest to repair, but has a higher risk of extending into the anal area.

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Mediolateral incision.

A mediolateral incision is done at an angle. A mediolateral incision offers the best protection from an extended tear affecting the anal area, but is often more painful and might be more difficult to repair

ADVANTAGES OF EPISIOTOMY

It may prevent tearing of the area between the vagina and rectum.

It may shorten the second stage of labor by relieving muscle tightness in this area.

It may prevent injury to the fetal head is too large, the shoulders are too wide, or in case of breech birth

Prevent prolonged stretch on pelvic floor which predisposing to genital prolapsed and stress incontinence.

COMPLICATION OF EPISIOTOMY

regional **pain** at the site of incision that may interfere with sitting and if severe leading to **retention of urine** due to reflex spasm of internal urethral sphincter

infection of the wound and incomplete healing of a tear involve the rectum leads to **rectovaginal fistula**

COMPLICATION

Scare at incisional site

Dyspareunia

PHYSICAL THERAPY MANAGEMENT

ice pack

Begin doing Kegel exercises

restore muscle tone, stimulate circulation, and speed healing. Also, try doing a Kegel while changing positions or getting up from a bed or chair.

(Contracting the pelvic floor muscles helps support the wound so decrease pulling sensation on stitches with movement).

Avoid over stretch on incisional area

**Contract pelvic floor and contract adductor
with movement**

Avoid alternative movement

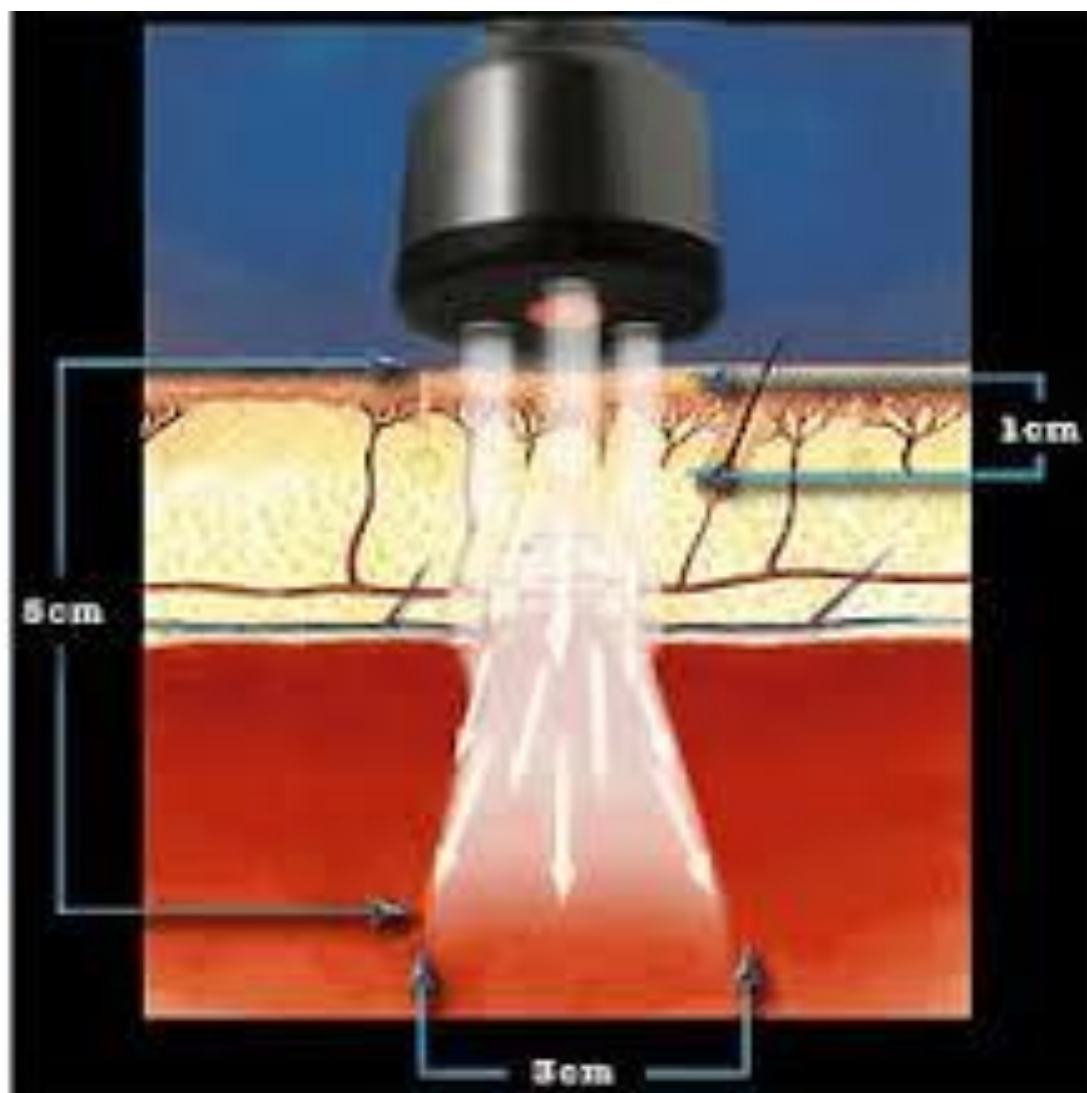
IMPROVE WOUND HEALING

Pulsed ultrasonic

Under water technique

**Water filled condom covered by gel
from Crook lying position**

**3 MHz, 0.5W/cm and 2 minutes per
head sized area**



LOW LEVEL LASER THERAPY

Used to promote perineal healing

Irradiate at 1 cm interval

Dose for wound healing wave length

600-750 nm

Intensity 0.5- 4 J/cm

Frequency < 1000

PULSED ELECTROMAGNETIC FIELD

Decrease swelling and inflammation

Increase collagen deposition and organization

Without skin contact

Frequency 27 HZ

Pulse width 40-65ms

10-15 minutes

DYSPAREUNIA

Continuous Ultrasonic

Heating effect & micro massage effect

Application with stretch of scare tissue

**To increase extensibility of collagen
band**



Thank You
GOD BLESS YOU!

CrossCards