

The Impact of Infrared Radiation on Perineal Pain and Episiotomy Recovery in Postpartum Women - A Review of the Literature

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Abstract

Introduction: Episiotomy is a surgically planned incision of the perineum and the posterior vaginal wall in the second stage of labour to reduce the risk of perineal trauma. Infrared radiation therapy is a superficial heating modality used in physiotherapy department to promote healing and pain relief.

Objective: The purpose of the study is to find the effectiveness of Infrared radiation therapy in episiotomy wound healing and perineal pain relief in postpartum women.

Methodology: Electronic databases like PubMed, Scopus, Google Scholar was reviewed to identify relevant literature about the said topic that are published from 2014 to 2023. Total 50 articles were reviewed, and 6 articles are selected which fulfils the inclusion and exclusion criteria. Experimental group was given IRR for 10 minutes, two times per day for three consecutive days with routine wound care and control group was given only routine wound care. The outcome assessment was done using VAS (Visual Analogue Scale) for pain perception and REEDA scale for assessing healing.

Result: Majority of postnatal women with episiotomy in experimental group had severe pain before infrared radiation therapy and most of a postnatal woman with episiotomy on the 3rd day in the experimental group had no pain after infrared radiation. Majority of the postnatal women with episiotomy on the 3rd day in the experimental group had complete healing and majority of control group had a moderate degree of wound healing after Infrared radiation therapy.

Conclusion: With the above studies thorough review following conclusion is drawn - the IRR is effective in reducing episiotomy pain and promoting wound healing. Therefore, it is recommended in the early puerperium to augment the faster recovery of the mothers.

Keywords: Episiotomy; Infrared Radiation (IRR); Pain Relief; Postpartum; REEDA; VAS; Wound Healing