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A STUDY ON PAIN RELIEF WITH INFRARED LIGHT FOMENTATION IN POSTPARTUM MOTHERS WITH EPISIOTOMY

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Abstract
For post-partum women who have had an episiotomy, which is a painful and unsettling surgery, the time after birth is crucial. The study's goal is to see how infrared light fomentation treatment affects episiotomy wound pain alleviation in postpartum mothers. The goal of this study was to determine the severity of episiotomy wound pain in postpartum moms before and after infrared fomentation. Postpartum women who have had a normal vaginal birth with episiotomy within 2 hours will be chosen for the trial. As a result, 30 postpartum women will be chosen at random and placed in matched groups. Postpartum moms who have been recruited will be asked to sign a permission form. Morning infrared light and usual episiotomy wound care twice a day till the fourth day (two spoons betadine in 4 glasses of water). The best and worst pain levels will be determined using a 10-point pain scale ranging from 0 (none) to 10 (extreme) (severe). Procedure technique: An infrared lamp will be put 45cm away from the perineum, and heat from a 220V source will be utilised for 10-15 minutes before discomfort is measured. The outcomes of infrared fomentation treatment in postpartum moms with episiotomy will be compared after a four-day follow-up period. The infrared light fomentation on episiotomy showed excellent outcomes, and pain alleviation was found at the conclusion of the fourth day of follow up, according to the research. Postpartum women who use an infrared light on their episiotomy have less discomfort than those who do not.

Keywords: *Episiotomy, infrared light lamp therapy, pain relief, postpartum mothers.*

Introduction

Pregnancy is a life-altering experience for women, during which they are subjected to a significant amount of discomfort post-partum as a consequence of having a delicate perineum. Episiotomy is a procedure in which the vaginal orifice is enlarged through an incision of the perineum [1]. The postpartum period may become more difficult for the mother if she experiences perineal damage as a result of the procedure. [2] An episiotomy can be defined as the procedure in which a vaginal orifice is enlarged. This practise is widespread and is performed on virtually all women in order to facilitate a safe and easy labour, especially for the woman's first birth. This incision will take place either during the second phase of labour or just before to the beginning of labour.

Methodology

1. It was determined that an official letter should be sought from the department of obstetrics and gynaecology at Saveetha Medical College in Chennai.
2. The postpartum women who had a normal vaginal birth with an episiotomy were the ones who volunteered to participate in the research.
3. As a result, thirty women who had just given birth were chosen at random.
4. Data collection: After gaining the post-partum women's cooperation and explaining the goal of the study to them, we requested and received their written permission to participate in the research. A positive bond was developed with the women who had just given birth.

Interviewing Phase: Visit all of the postpartum ladies in the maternity hospital, and then appropriately, randomly pick 30 postpartum women who meet the inclusion criteria of having a normal vaginal birth with an episiotomy. In the assessment phase, postpartum mothers who had a normal vaginal birth and an episiotomy wound are questioned in order to acquire the baseline data of episiotomy wound pain that is necessary for the number pain scale. The physiotherapy ward was the location where the implementation phase took place. The pain management of the episiotomy wound is continued until the evening of the fourth day, as part of the evaluating phase.

The data collected were compiled over the course of a period of five months.

Results

Table 1: 30 women are participated in the study

Days	Mean±SD
Day 1	6.53±1.94
Day 2	4.7±1.393
Day 3	2.1±1.061
Day 4	0.5±0.50

The data shown in the table above demonstrate a reduction in the level of pain intensity from 6.531.94 on the first day of assessment to 0.50.50 on the fourth and final day of evaluation.

Table 2: Comparison of day 2 with day 1

95% CI	-2.708 to -0.95
Standard Error	0.436
P Value	0.0001

When compared to day 1, the pain those ladies were experiencing was significantly reduced when they used the infrared light on day 2. Table 2 shows statistically significant data, and its p value is 0.0001, therefore these results are worth noting

.Table 3: Comparison of day 3 with day 1

95% CI	-5.23 to -3.62
Standard Error	0.404
P Value	<0.0001

When compared to day 1, the pain those ladies were experiencing was significantly reduced when they used the infrared light on day 3. Table 3 has statistically significant data, as shown by the fact that its p value is less than 0.0001.

Table 4: Comparison of day 4 with day 1

95% CI	-6.762 to -5.29
Standard Error	0.366
P Value	<0.0001

When compared to day 1, those ladies who used the infrared light on day 4 had significant improvements in their level of pain reduction.

Discussion

Episiotomy is one of the most frequent surgical procedures in the field of obstetrics. It is performed during the last portion of the second phase of the delivery process. The woman who has this operation is classified as having larger blood loss in combination with labour, and there is a danger of incorrect wound restoration and increased discomfort during the early postpartum period. Additionally, there is an increased risk of infection. Pain leads to stress, which in turn hinders a woman's capacity to provide proper care for her newborn child. Infrared light has the ability to penetrate two to three centimetres deep into our bodies, which not only makes it possible to experience rapid relief from pain, but also aids in the absorption of moisture, inhibits the growth of microorganisms, relaxes tense muscles, and promotes the healing of damaged tissue and wounds. An intervention research was undertaken by Kaur (2013)[15] to assess the impact of dry heat with moist heat on pain and wound restorative at episiotomy region among postnatal women hospitalised in Nehru Hospital, Chandigarh. This study was identical to the present study. Whereas, following the intervention, the patients who were given the dry heat had a lower level of pain intensity compared to those who were given the sitz bath in group two. Although the findings of this research showed that the episiotomy wound pain score decreases by the fourth day of follow up, the mean and standard deviation of the score did not change significantly. Where dry heat application from infrared light is used for fermentation. For the purpose of demonstrating the efficacy of infrared light fomentation treatment in reducing pain, we compared the number of days in this research.

In a similar vein, a research that was quasi-experimental at nature was conducted on postnatal mothers in India's Rural Hospital (2010)[10]. According to the findings of the research, applying dry heat to an episiotomy wound helps postnatal moms experience less

pain. This discomfort is caused by the wound caused by the episiotomy. And this research demonstrates the comparative method of reduced pain intensity for 4 days follow up in episiotomy wounds in postpartum moms and the efficacy of infrared light fomentation treatment by the follow up days in the episiotomy wounds.

Conclusion

The outcomes of the research made it abundantly clear that postpartum women who used infrared light treatment on episiotomy had speedier pain alleviation. This conclusion may be drawn from the fact that. Therefore, infrared treatment has the potential to be used by medical staff as an efficient method of management throughout the course of their day-to-day care for postpartum women. Including infrared therapy as a primary component of postpartum instructions for women due to the vital function it plays in enhancing quality of life during the post-natal period should be considered. During this crucial time, developing and implementing an acceptable, cost-effective, and simple approach for easing pain, eliminating women's suffering, and reducing the spread of infection would be very beneficial.

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