

Effectiveness of low-level laser therapy for relieving pain from episiotomy after birth.

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Status RECRUITING
Sponsor FAPESP - Fundacao de Amparo a Pesquisa de Sao Paulo.
Enrollment 114 participants

Plain Language Summary

This study is looking at whether a gentle laser light treatment can help reduce the pain that women feel in their perineum (the area between the vagina and rectum) after an episiotomy during childbirth. An episiotomy is a small cut made during delivery to help the baby out. The laser is applied to three points along the cut for a very short time in a single treatment session.

You may be eligible if:

- You are a woman aged 18 or older
- You have had a normal vaginal birth with an episiotomy
- You are experiencing perineal pain rated 3 or higher on a 10-point pain scale
- You had a single baby in the head-down position at or after 37 weeks of pregnancy
- You have not taken pain medication in the last 6 hours
- You do not have haemorrhoids or other complications

You may NOT be eligible if:

- You are using any products on your perineum other than water and soap

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (1)

- Healthy women with perineal pain greater or equal 3 in the Visual Analogue Scale (VAS), with or without previous delivery, with singleton pregnancy, cephalic presentation, gestation greater than or equal to 37 weeks, the women did not receive medication analgesic in the last 6 hours, without hemorrhoids and without evidence of complications clinics.

Exclusion (1)

- If the woman to use any another product in the perineal, different of water and soap.

Locations (1 total)

Sao Paulo, Brazil