

Effectiveness of transcutaneous electrical nerve stimulation for painful postpartum uterine contraction during breastfeeding

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Status RECRUITING
Sponsor Ligia de Sousa
Enrollment 32 participants

Plain Language Summary

This study is testing whether TENS (transcutaneous electrical nerve stimulation) can relieve the painful uterine cramping that breastfeeding mothers experience soon after delivery. When a mother breastfeeds, the body releases hormones that cause the uterus to contract, which can be quite painful — especially for women who have had more than one baby. TENS uses mild electrical pulses on the skin to reduce pain.

You may be eligible if:

- You are a woman between 18 and 45 years old
- You have recently given birth vaginally
- You have had more than one baby (multiparity)
- You are experiencing pain from uterine contractions during breastfeeding
- You have no postpartum complications

You may NOT be eligible if:

- You cannot tolerate electrical stimulation
- You have an allergy to the electrodes
- You use a pacemaker
- You are experiencing postpartum complications requiring medical intervention

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

Locations (1 total)

Sao Paulo, Brazil