

An investigation into the Effects of Alpha Ointment (Fundermol) on the Perineal Pain Following Episiotomy in Nulliparous Women

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Introduction: The most common complaint of mothers after episiotomy is pain. Through reducing inflammation and preventing the spread of infection, Alpha ointment applies its regenerative effects and alleviates pain.

Method: A double-blind clinical trial was undertaken on 100 nulliparous pregnant in Ommolbanin Hospital in Mashhad. The first method included 30 patients who used three times a day for 10 days and the second method involved 70 patients (intervention and control) that 48 hours after delivery, utilized once a day for 10 days, a knuckle of the prescribed ointment after washing and drying the wound with normal saline. Wound healing was evaluated using the REEDA scale on the first, fifth and tenth days after delivery. Data analysis was carried out by the statistical software, SPSS (version 16), and Mann-Whitney statistical tests, T-test, Chi-square and Fisher. The rate of p less than 0/05 was considered significant.

Results: In the first method, for the average pain score before the intervention, there was no statistically significant difference between the groups ($p = 0.204$). The first day ($p = 0.046$) and fifth ($p = 0.01$) and tenth ($p = 0.024$) There is a statistically significant difference. In the second method, for the average pain score during the days of study, there was no statistically significant difference between the groups.

Conclusion: In the first method, the Alpha ointment in the fifth and tenth days after episiotomy reduces perineal pain. However, in the second method, the Alpha ointment does not have any effect on the perineal pain after episiotomy.

Key words: Episiotomy, Alpha Ointment, Episiotomy Pain