

# MANAGEMENT OF PAIN, WOUND HEALING, AND DISCOMFORT SENSATIONS OF WOMEN AFTER EPISIOTOMY OR SPONTANEOUS PERINEAL RUPTURE WITH A DERMO-COSMETIC PRODUCT

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## INTRODUCTION

Episiotomy occurs up to 95% of deliveries in certain countries. Just like spontaneous perineal rupture, many women suffer from short and long-side effects of episiotomy, such as wound healing delay, infections, scar esthetics or limitation of motion. Moreover, perineal pain and discomfort due to wound could impact the relationship between mothers and infants. Therefore, it is important to relief perineal pain and to enhance wound repair in order to consequently improve women's quality of life. But very few clinical studies investigated discomfort sensations in this context. So, the aim of this work was to assess the clinical efficacy, the women's comfort and the tolerance of a dermo-cosmetic product after episiotomy or spontaneous perineal rupture.

## MATERIALS & METHODS

33 women from 18 to 39 years (52% episiotomy, 48% spontaneous perineal rupture) were included in this intra-individual clinical study under obstetrician control. They applied the product 8±1 days after delivery (once the wound is closed) during 14 days, once or twice a day. The obstetrician interviewed the subjects on product soothing effect (not effective to very effective) and evaluated the wound healing (no improvement to full recovery) at Day 7 and Day 14. In parallel, at Day 0, Day 3, Day 7 and D14, the subjects evaluated 8 items linked to pain and other discomfort sensations via a questionnaire by scoring them from 0 (not agree at all) to 10 (totally agree) and assessed global efficacy at Day 14.

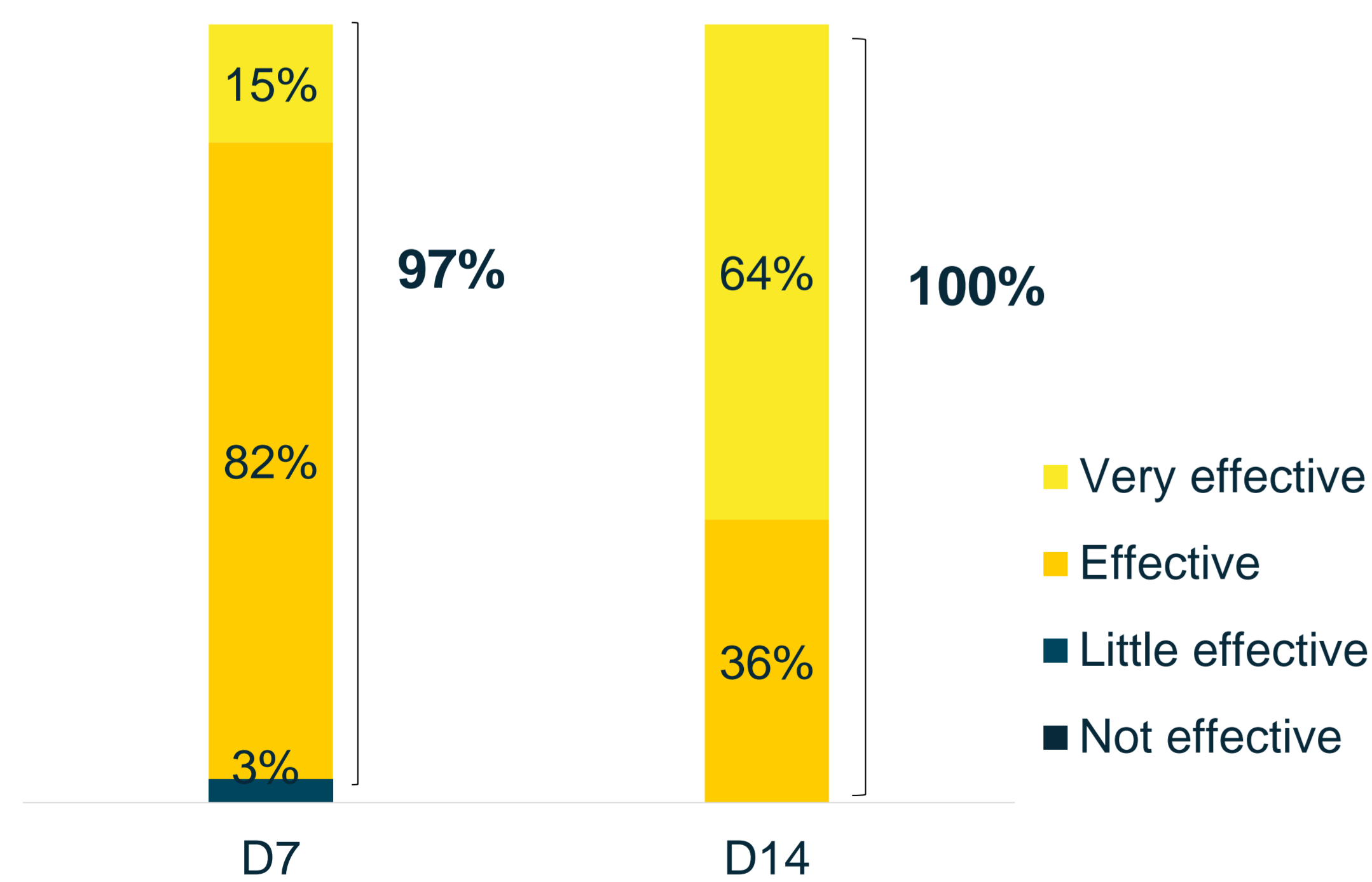
## RESULTS

At D7 and D14, the obstetrician evaluated the soothing effect as effective to very effective for 97% and 100% of the subjects (**Graph 1**), and the wound healing importantly improved to fully recovered for 76% and 100%, respectively (**Graph 2**).

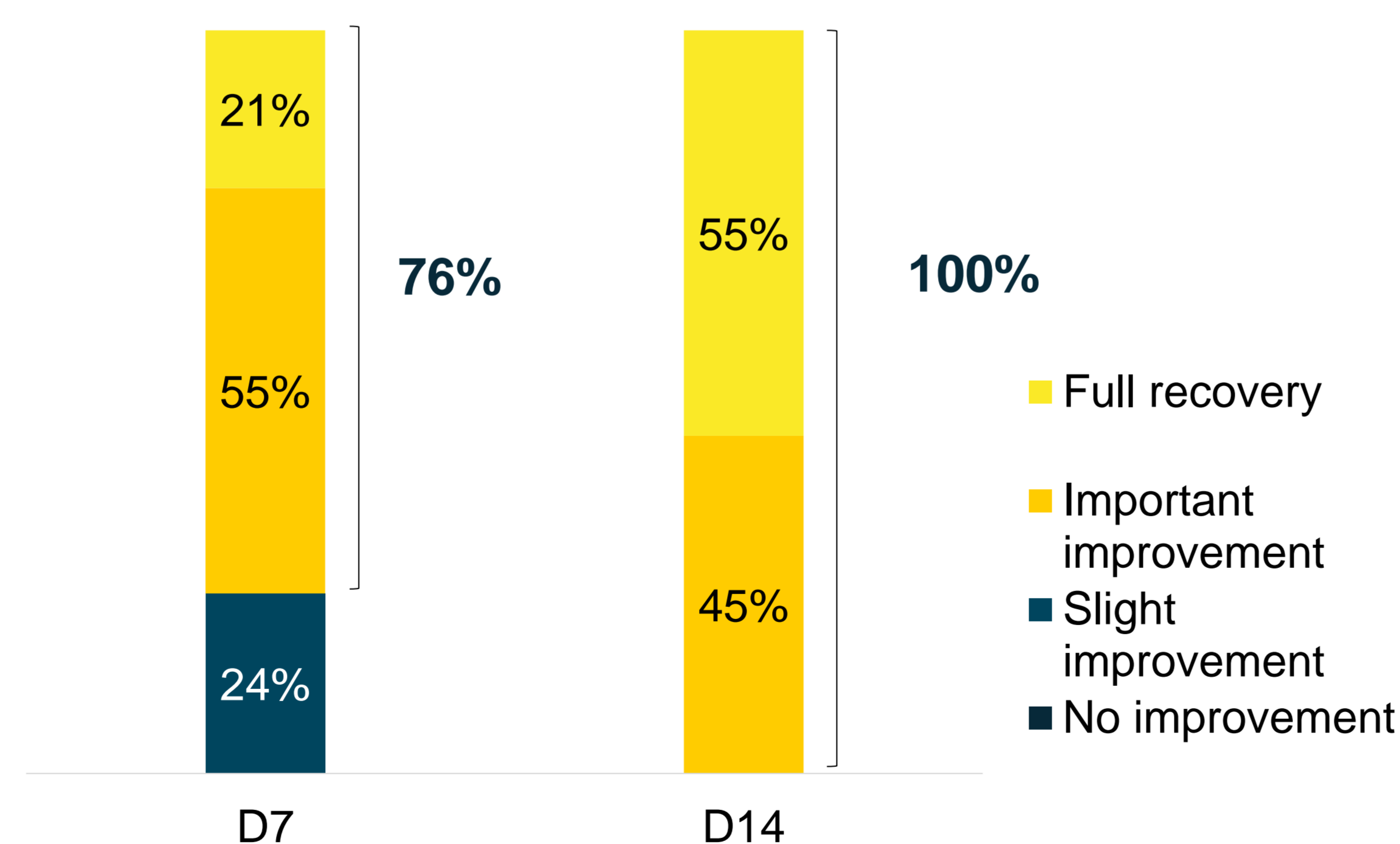
Concerning the discomfort evaluation, the mothers noticed a significant decrease from -28% to -48% at D3 for the 8 items that was confirmed decreasing from -90% to -99% at D14 compared to D0 (**Graphs 3**). The global efficacy was good to excellent for 97% of them.

Only one subject reported functional signs. Globally, the product was very well tolerated on the tested area.

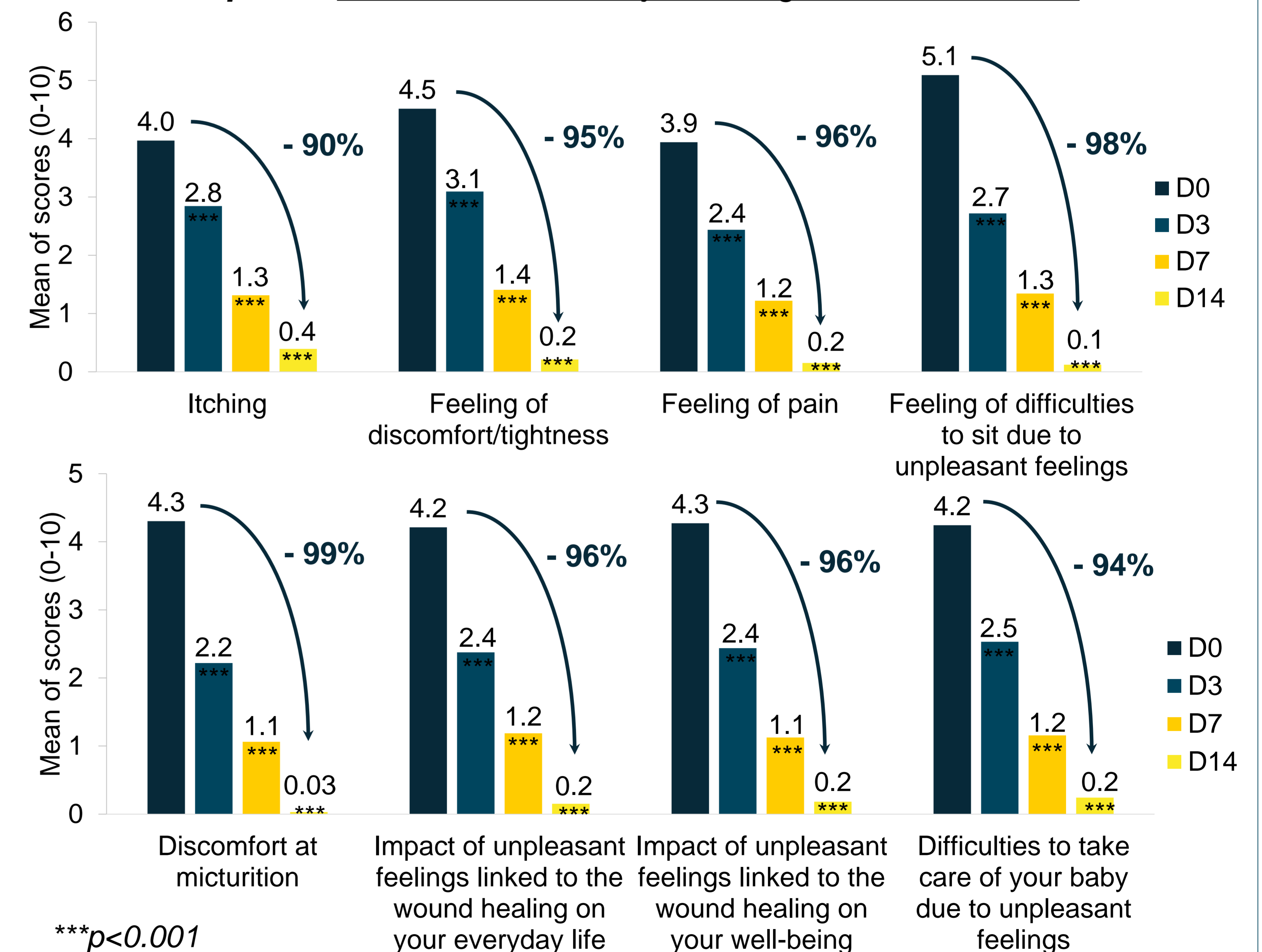
**Graph 1. Evolution of the soothing effect on D7 and D14**



**Graph 2. Evolution of the wound healing on D7 and D14**



**Graphs 3. Evolution of the subjective signs from D0 to D14**



## CONCLUSION

Our clinical study on mothers after episiotomy or spontaneous perineal rupture demonstrated that this dermo-cosmetic product started reducing perineal pain and discomfort sensations already after 3 days of application, led to a significant improvement in wound healing for the majority of them after 7 days and was very well tolerated.