Wrist-ankle acupuncture as perineal pain relief after mediolateral episiotomy: a pilot study

Conclusions:
Wrist-ankle acupuncture during the postpartum period is effective for perineal pain relief after mediolateral episiotomy.

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Objectives:
The purpose of this pilot study was to evaluate the efficacy of acupuncture in relieving perineal pain after mediolateral episiotomy during childbirth.

Design and Subjects:
Women with mediolateral episiotomy during delivery were enrolled in this study and were assigned to be treated or not with acupuncture. Outcomes measures: Perineal pain relieving effect of acupuncture was evaluated considering oral analgesics request during post-partum period and was the main outcome of this trial.

Results:
A total of 42 women were enrolled in this trial. Twenty-one (21) women were treated with "wrist-ankle" acupuncture, inserting one needle in their right ankle. A second group of 21 women was not treated with acupuncture. Women in the acupuncture group were significantly less likely to experience pain; only 8 of them (38.1%) asked for analgesics. All women in the second group assumed oral analgesics because of perineal pain (p < 0.01).

Conclusions:
Wrist-ankle acupuncture during the postpartum period is effective for perineal pain relief after mediolateral episiotomy.

Source URL:
http://www.elementscentre.ca/resources/research/wrist-ankle-acupuncture-perineal-pain-relief-after-mediolateral-episiotomy-pilot-