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The effect of green tea ointment on episiotomy pain and wound healing

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Background and Objectives: The delayed healing of episiotomy wound, and its associated pain is a major problem in obstetrics. Since green tea has analgesic and wound-healing properties, the present study was conducted to determine the effect of green tea ointment on episiotomy pain and wound-healing.

Materials and Methods: The present clinical trial was conducted on 99 primiparous women. The subjects were randomly divided into three groups, including a green tea ointment group, a placebo ointment group and a routine care group. The two ointment groups smeared 2 cm of the green tea or placebo ointments onto their sutured area twice daily for a total of ten days. The severity of pain was assessed in the subjects using the visual pain scale and wound-healing using the REEDA scale before the intervention and on the fifth and tenth days after delivery.

Results: On the fifth and tenth days after delivery, the severity of pain was significantly lower in the green tea group than in the other two groups ($P < 0.0001$). The mean REEDA score on the fifth and tenth days showed a better and faster healing in the green tea group compared to the other two groups ($P < 0.0001$).

Conclusion: Green tea ointment appears to be effective in relieving episiotomy pain and improving wound-healing in this study. Further studies are recommended to be conducted on the effectiveness and safety of the different doses of green tea ointment.