



Comparison of honey cream and phenytoin cream effects on intensity of pain of episiotomy in nulliparous women

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Abstract:

Background and Purpose: Perineal pain following episiotomy is one of the common problems in the first days after the birth. Mother has many negative consequences on their first experience of motherhood. So the study purpose was to evaluate the effect of honey cream on intensity of pain of episiotomy was performed in nulliparous women.

Materials and methods: This research was conducted with double-blind randomized clinical trial on 120 nulliparous women in three groups during 2013-2014 years in Kashan. After delivery and episiotomy, mothers used a knuckle of prescribed honey cream, phenytoin cream or placebo in their sutures zone, every night for 10 nights. Tools contained demographic and midwifery information questionnaire, the form of numerical rating scale of pain and forms of drug effects and consumption of pain reliever. Evaluation of pain intensity with numerical rating scale of pain, took place in the first 24 hours and on the seventh and fourteenth days after delivery. In order to analyze the data, one-way ANOVA, Kruskal Wallis and Chi-square tests were used.

Results: Three groups according to demographic and midwifery information questionnaire were not significantly different. Measuring pain intensity was considered as the base line values in 24 hours after delivery and the pain intensity did not show any meaningful difference in the three groups in the seventh and fourteenth days after delivery ($P=0.8$, $P=0.19$).

Conclusions: Use honey cream and phenytoin cream does not decrease intensity of pain of episiotomy. Therefore is recommended further research to evaluate the effectiveness of the honey cream and phenytoin cream for pain relief.

Keywords: honey cream, phenytoin cream, pain intensity, episiotomy.

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