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Review of Pain Control Methods After an Episiotomy

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PATIENT CARE ISSUE

- In 2007, 443,000 episiotomies were performed.
- Because this procedure is used often, pain management after episiotomy is a priority for many women.
- Mothers may be reluctant to use pharmacological treatment due to the potential negative side effects to both mother and baby.
- Because of this concern, a number of researchers have investigated alternative methods of managing pain, particularly after episiotomies are performed.
- The purpose of this review is to determine the best evidence based practice for controlling pain related to an episiotomy.

REFERENCES