

Abstract

Title: *The Comparison of the effect of pharmaceutical and non pharmaceutical methods on the relieve of perineal pain after episiotomy in patients reffering to educating health center of ALZAHRA-Tabriz, 2005-6.*

Introduction: *perineal pain is the most common women's problems in postpartum period. This problem has been found in %94 of the women who became episiotomy and it caused undesirable complications on mothers' physical and emotional health state and their relationship with their infants.*

Objective: *Comparing the effects of Acetaminophen tablets, Diclofenac Suppositories & Ice packs on the relief of perineal pain after episiotomy.*

Material and methods: *This research is a randomized clinical trial in which 180 primiparous women with mediolateral episiotomy were selected and divided randomly into three groups (tablets, suppositories, and icepacks). After beginning of post – episiotomy pain, the intensity of pain determined before and after intervention using numerical rating scale, in the first group, 50 mg Diclofenac suppositories (at maximal 3 doses until the pain relieved) and in the other group 325 mg Acetaminophen tablets (at maximal 4 doses until the pain relieved) and in the third group ice packs (based on the patients' need) were described. The data have been analyzed with descriptive statistical methods and non – parametric tests, frequent measurement (Friedman), kruskall – wallis, wilcoxon using statistical software spss.14/win.*

Results: *The result of this research showed that the perineal pain decreased significantly in all groups, that is, the effect of ice packs was more than the diclofenac suppositories and the effect of diclofenac suppositories was more than acetaminophen tablets.*

Discussion: *Encouraging patients and health care workers to use non-pharmaceutical methods and lessen drug interference with the motivation of decreasing side effects of drugs and saving time and expenses seem necessary.*

Key words: *Perineal pain, Acetaminophen tablets, Diclofenac Suppository, Ice pack, Episiotomy.*