

# **Episiotomy and Perineal care**

# Out lines:-

- Definition
- Purposes
- Principles
- Indications
- Equipments
- Procedure step

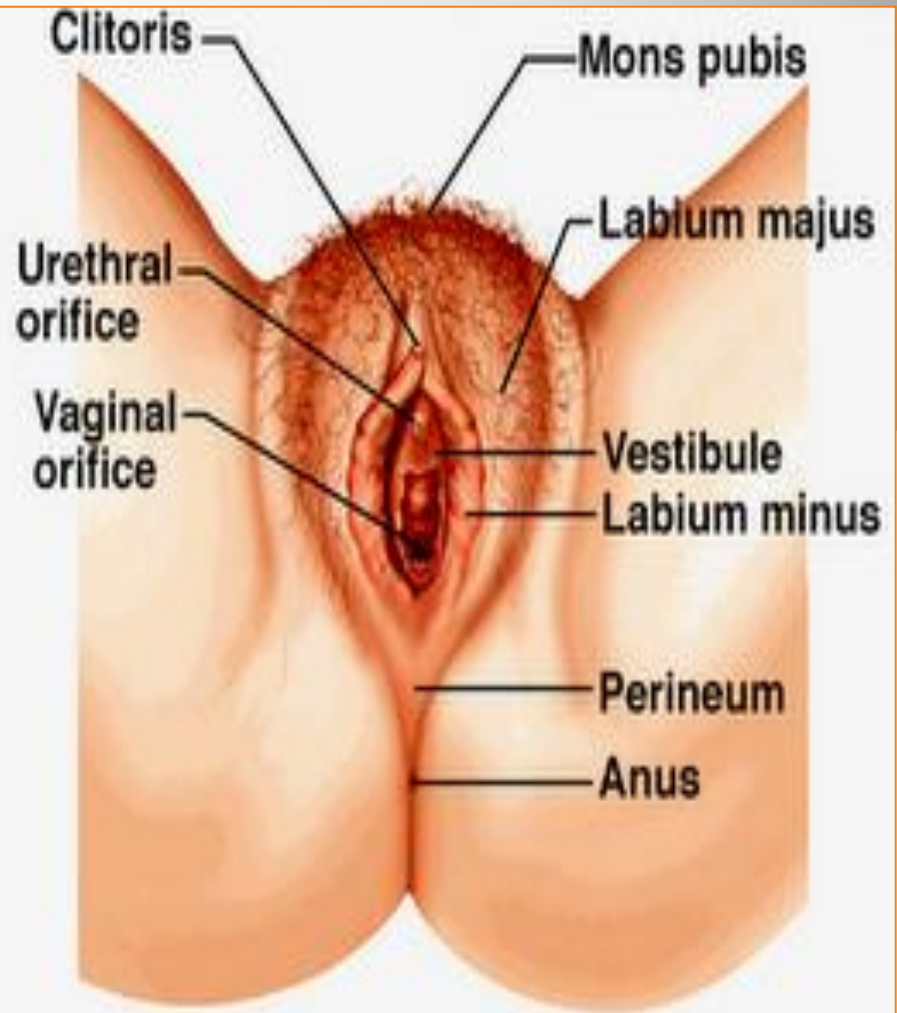
## ***Definition of perineum:-***



It is the external aspect of the pelvic outlet located between the vagina (birth canal) and the anal opening.

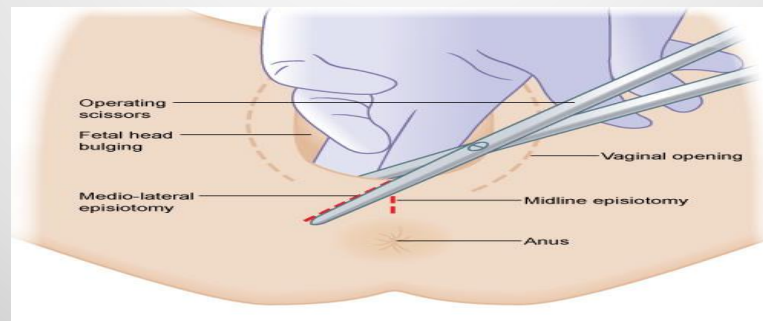
# Anatomy of female external genitalia

- **Mons pubis** : a collection of fat overlying the pubes.
- **Labia majora.**
- **Labia minora.**
- **Clitoris.**
- **Vestibule of vagina:** The interval between the two labia minora.
- Vagina orifice & urethra orifice open into the vestibule

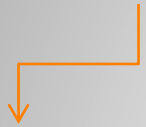


# ***Definition of episiotomy:-***

- It is surgical incision made in the perineum during the second stage of labor (at crowning) to enlarge the vaginal opening and enhance the passage of the baby.



# ***Definition of perineal care:-***



It is an external irrigation, cleaning, and disinfection of the vulva, perineum, and surrounding area.

# ***The Purpose Of Perineal Care :-***

- 1- Clean the vulva and perineum areas.**
- 2- Minimize irritation and infection.**
- 3-Prevent bad odors and Promote comfort .**
- 5- Promote rapid healing of episiotomy, tear, or laceration.**
- 6-instruct the mother about self perineal care.**
- 7- Assessment of the perineal condition.**

# ***Principle:-***

1- wipe the perineum by one cotton swap for each side .

2- start the cleaning from :-

- The far side to the near side.
- From up to down.
- From the inner to outer.
- In one direction.



## ***Indication:-***

- ❑ Females who are unable to do self care.
- ❑ Females with excessive vaginal drainage.
- ❑ Female with injury, scare ,ulcers or surgery on the perineal area .
- ❑ After delivery.
- ❑ Self care teaching.

# Equipment:-

## Prepare the necessary equipment

### □Sterile equipment:-

- Iodine ball with sterile cotton sponges.
- Antiseptic solution (betadine).
- Sterile artery forceps
- Sterile perineal pad
- Sterile gloves
- Sterile warm saline

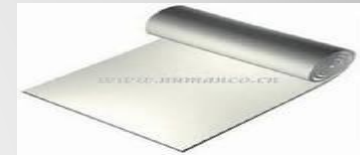


# *Equipment:-*

## **Prepare the necessary equipment**

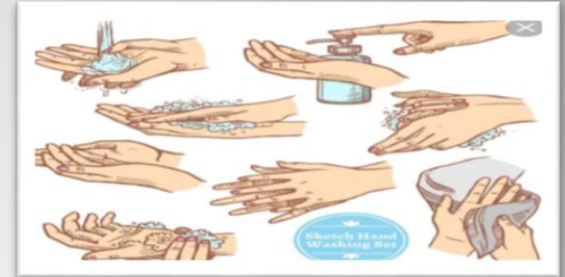
### **□ Clean equipment:-**

- Mackintosh.
- Kidney basin
- Bedpan
- Towel
- Paper bag
- Clean gloves



# Steps Of Procedure

1- Hand washing.



2- Prepare the necessary equipment.

3- Explain the procedure to the woman.

4-Maintain woman`s privacy.

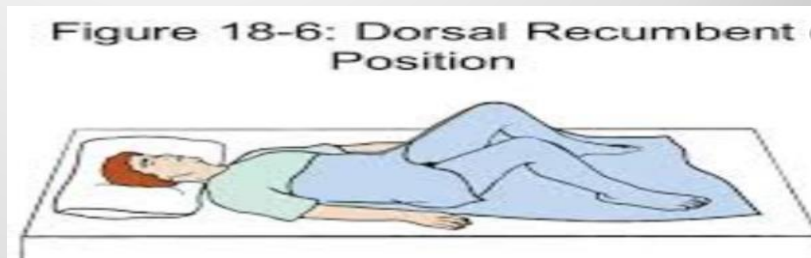


5- Stand beside mother's bed.

6-Wear clean gloves



7-Put the mother in dorsal recumbent position (knee slightly bent and legs separated).



8- Place mackintosh and towel under pt hip and place bedpan.



9- Remove the solid perineal pad from front to back by collecting manner.

10- Assess solid pad (amount ,color ,odor , consistency) and discard it in paper bag with disposable gloves.

11- Encourage mother to void before procedure .

12- Washing perineum by warm water or . saline.



13-Assess perineum for any sign of hematoma or infection according to **REEDA** scale:

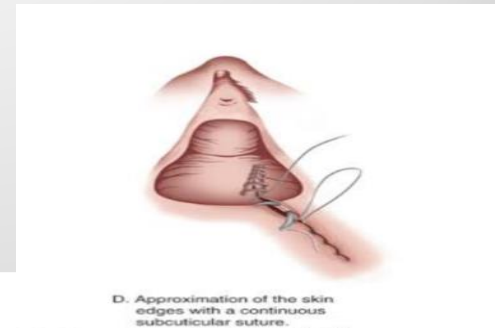
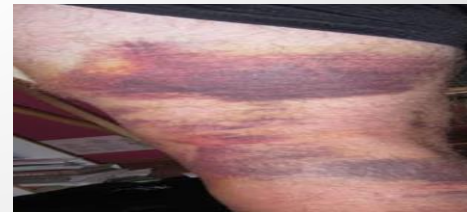
**R**: -Redness

**E**: -Edema

**E**: - Ecchymosis

**D**: - Discharge

**A**: - Approximation



**R**edness

**E**dema

**E**cchymosis

**D**ischarge

**A**pproximation of skin

**Always Check!**

- Episiotomy
- Tearing
- Hematoma Formation
- Hemorrhoids

The REEDA Scale (Redness, Edema, Ecchymosis, Discharge, Approximation) is a scale for grading the severity of perineal trauma associated with episiotomy or laceration associated with delivery.

## Episiotomy



14- Put on sterile gloves or use sterile an artery forceps with cotton sponge soaked with antiseptic solution (petadine).

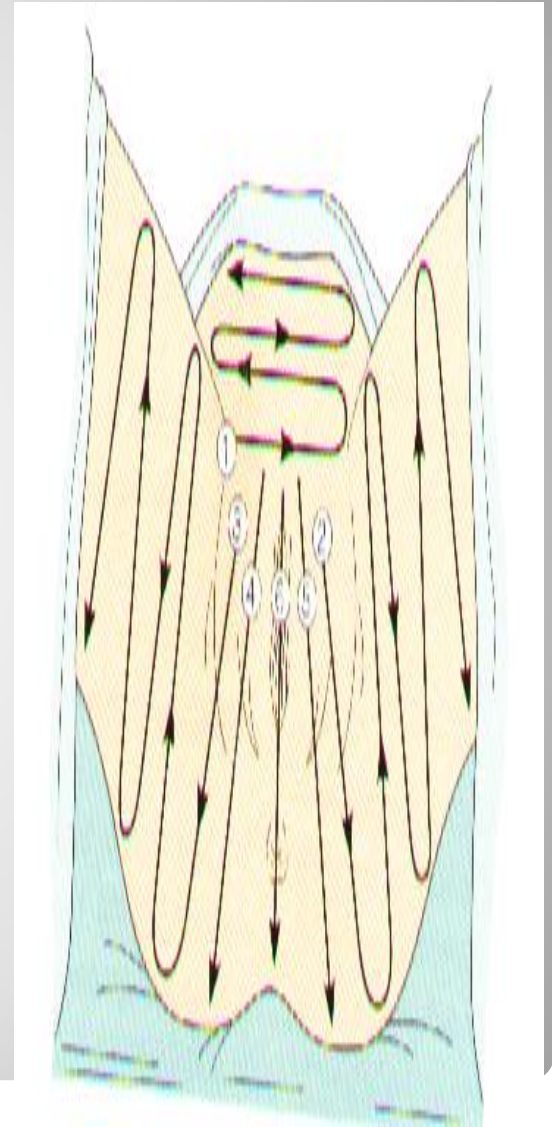
15-Wipe the vulva by one cotton sponge for each side as the following ;-

- **firstly** wipe the symphysis pubis from clitoris up to lower abdomen by zigzag motion .

- **wipe** inner aspect of each thigh from farthest to nearest from inside to outside by using one direction technique.

- **wipe** each labia majora and minora from up to down.

- **finally** wipe vestibule - from up to rectum.



16- Dry the area by the same principle and direction.

17- Wipe the episiotomy site if present ,by using gentle pressure technique and avoid friction to episiotomy stitches.

- Start from inside of the vagina to its outside.
- Then from the outside vaginal opening suture down to rectum direction. .

18- Remove bedpan, mackintosh, and towel under the woman.



19-Dry pt `s buttocks and thighs by clean towel.



20- Remove gloves.



21- Put sterile perineal pad over perineum without touching inner surface.

22- Keep pt in comfort position.

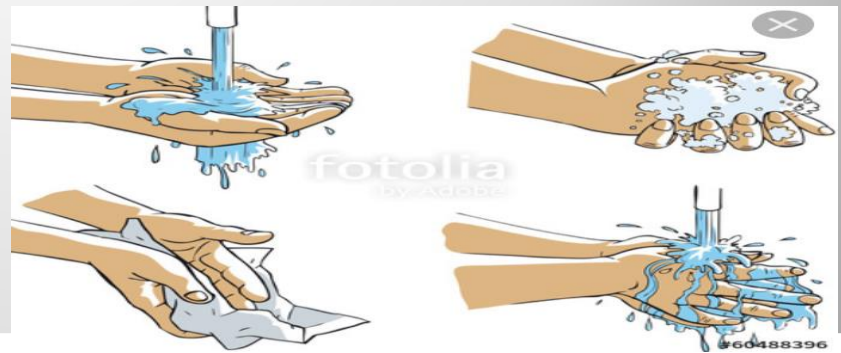


23- Inform the woman about any procedure finding.

24- Give health education about self-care of perineum.

25- Remove the used equipment and return it.

26- Hand washing.



## 27- Documentation:-

- date and time of procedure .
- color , odor , amount and consistency of discharge .
- condition of perineum .

# Thank

# you

