



## **Benefits of Infrared Light Therapy on Episiotomy Wound**

*<sup>1</sup>Regina P.F, <sup>2</sup>Prof. Dr Pradeep V.S*

<sup>1</sup>Research Scholar, Malwanchal University

<sup>2</sup>Research Supervisor, Malwanchal University

---

### **Introduction**

Welcoming a new life into the world is one of the most beautiful experiences, but postnatal recovery can be a tough journey. Episiotomy, or perineal tears, are common in many vaginal deliveries and require adequate care for proper healing. One of the latest treatments gaining popularity among postnatal women is infrared light therapy. This non-invasive treatment uses a specific wavelength to promote tissue repair and reduce pain and swelling. In this blog post, we'll explore how infrared light therapy works on episiotomy wounds, its potential side effects, frequency of use, where to get it done and more! Read on to find out if infrared light therapy could be your solution to postnatal pain relief!

### **Usage of infrared light therapy on episiotomy**

After giving birth, many women experience perineal tears or episiotomy wounds that require proper care and attention to heal correctly. Infrared light therapy is a non-invasive treatment that could help reduce pain and speed up the healing process.

The way infrared light therapy works is by delivering a specific wavelength of energy into the tissues surrounding the wound. This energy promotes cellular repair and regeneration, leading to quicker healing times.

When applied to episiotomy wounds, infrared light therapy can also help reduce inflammation, itching, and discomfort associated with postnatal recovery. It has been shown to improve local blood circulation while stimulating collagen production in the area around the incision.

Infrared light therapy offers a safe alternative for easing postpartum pain without medication or surgery. However, it's always best to consult with your doctor before trying any new therapies during your recovery period.

### **How does infrared light therapy work?**

Infrared light therapy is a non-invasive treatment that uses low-level wavelengths of red and near-infrared light to promote healing and reduce pain. When applied to the skin, these wavelengths penetrate deep into the tissue, stimulating cellular regeneration and increasing blood flow.

The increased blood flow helps to deliver more oxygen and nutrients to injured tissues, which speeds up the healing process. It also helps to remove waste products from the area, reducing inflammation and swelling.

In addition to promoting healing, infrared light therapy can also help alleviate pain by blocking pain signals in the nerves. It may also trigger the release of endorphins - natural painkillers produced by your body.

This type of therapy has been used for a variety of conditions including muscle strains, joint pain, arthritis, fibromyalgia, and even depression. Its use on episiotomy among postnatal women is just one example of its versatility.

Infrared light therapy is a safe and effective way to promote healing and relieve pain without drugs or surgery.

### **Does infrared light therapy have any side effects?**

Infrared light therapy is a non-invasive and safe treatment option that has been used to treat various health conditions, including postnatal pain relief. However, some people may wonder if this type of therapy has any side effects.

Fortunately, infrared light therapy is generally considered safe and does not have many side effects. Some individuals may experience mild discomfort or heat sensation during the treatment session, but it usually goes away quickly after the session ends.

It's important to note that if you have sensitive skin or underlying medical conditions such as diabetes or skin cancer, you should speak with your healthcare provider before starting infrared light therapy. In rare cases, individuals can develop blisters or burns from the exposure to the high-intensity heat source.

Additionally, pregnant women should avoid using infrared light therapy on their abdomen area as it could potentially harm the developing fetus. Infrared light therapy is a low-risk treatment option with few reported side effects when used appropriately under professional guidance.

---

As with any form of medical care or treatments seek advice from your doctor before beginning anything new.

### **How often should I use infrared light therapy?**

When it comes to using infrared light therapy for episiotomy healing or postnatal recovery, the frequency of usage is an important factor to consider. While infrared light therapy can be incredibly effective, overusing it may lead to adverse effects.

It's generally recommended that individuals use infrared light therapy for 15-20 minutes at a time and no more than twice a day. Using the therapy too frequently can cause skin irritation or even burns.

However, the frequency of usage also depends on individual needs and preferences. Some women may find relief from using infrared light therapy multiple times per day while others may only need occasional treatment.

It's best to consult with your healthcare provider before starting any new treatments, including infrared light therapy. They can help you determine how often you should use this type of therapy based on your specific situation and needs.

In summary, while regular use of infrared light therapy can provide benefits in terms of pain reduction and healing after an episiotomy procedure or during postnatal recovery, it's important not to overuse it as doing so could result in unwanted side effects like skin irritation or burns.

### **Where can I get infrared light therapy?**

Infrared light therapy is a non-invasive and natural way to promote healing in the body. With its increasing popularity, it's not surprising that many people are curious about where they can get infrared light therapy.

One option is to purchase an at-home device for personal use. These devices come in various shapes and sizes, from handheld wands to larger mats or bulbs that can be used on specific areas of the body. They can be found online or at specialty health stores.

Many wellness centers and spas also offer infrared light therapy as part of their services. This could include full-body sessions or targeted treatments for specific conditions like pain relief or skin rejuvenation.

Another option is visiting a healthcare professional who specializes in infrared light therapy. Chiropractors, physical therapists, and other medical practitioners may offer this treatment as part of their practice.

It's important to do your research before choosing where to receive infrared light therapy. Look for reputable providers with trained professionals who prioritize safety and effectiveness in their treatments.

---

## **Conclusion**

Infrared light therapy has shown to be a promising treatment for postnatal women who have undergone an episiotomy. With its ability to reduce pain and inflammation while promoting healing, it is no wonder that this form of therapy is becoming increasingly popular in the medical community.

However, it's important to remember that infrared light therapy should always be used under the guidance of a healthcare professional. While side effects are rare, it's essential that you seek medical advice before starting any new treatment.

If you're considering using infrared light therapy for your postpartum recovery journey or know someone who could benefit from it, speak with your doctor about whether this treatment could be right for you. Together, they can help determine the best course of action based on your individual needs and situation.

With proper care and attention to detail throughout the healing process – including incorporating treatments like infrared light therapy – postnatal women can recover comfortably and quickly.

## **Reference**

---

1. Flagg J. *Maternal and Child Health Nursing: Care of the Childbearing and Childrearing Family*. Alphen aan den Rijn, Netherlands: Wolters Kluwer; 2018.
2. Roets L., Chelagat D., Joubert A. Strategies to improve postnatal care in Kenya: a qualitative study. *International journal of Africa nursing sciences* . 2018;9:62–67. doi: 10.1016/j.ijans.2018.08.003.
3. Silva A. M. N., Santos L. M. D., Cerqueira E. A. C., Carvalho E. S. D. S., Xavier A. S. G. Characterization of pain resulting from perineal trauma in women with vaginal delivery. *Brazilian Journal Of Pain* . 2018;1(2):158–162. doi: 10.5935/2595-0118.20180030.
4. Carroli G., Mignini L. Episiotomy for vaginal birth. *Cochrane Database of Systematic Reviews* . 2009;(1) doi: 10.1002/14651858.CD000081.pub2.CD000081
5. Ali-Masri H. Y., Hassan S. J., Zimmo K. M., et al. Evaluation of accuracy of episiotomy incision in a governmental maternity unit in Palestine: an observational study. *Obstetrics and gynecology international* . 2018;2018:6. doi: 10.1155/2018/6345497.6345497 [

- 
6. Bergendahl S., Ankarcróna V., Leijonhufvud A., et al. Lateral episiotomy versus no episiotomy to reduce obstetric anal sphincter injury in vacuum-assisted delivery in nulliparous women: study protocol on a randomised controlled trial. *BMJ Open* . 2019;9(3) doi: 10.1136/bmjopen-2018-025050.e025050 [
  7. Kartal B., Kızılırmak A., Calpbinici P., Demir G. Retrospective analysis of episiotomy prevalence. *Journal of the Turkish-German Gynecological Association* . 2017;18(4):190–194. doi: 10.4274/jtgga.2016.0238. [PMC free article]
  8. Shehta M. S., Fahmy N. M., Ramadan S. A., Abd Almeniem S. O. Effect of cold-gel packing on episiotomy pain among postnatal mothers. *Egyptian Journal of Health Care* . 2017;8(3):86–102. doi: 10.21608/ejhc.2017.44980. [CrossRef] [Google Scholar]
  9. WHO. WHO recommendations on intrapartum care for a positive childbirth experience: World Health Organization. 2018. <https://www.who.int/publications/i/item/9789241550215> . [PubMed]
  10. Fahmy M. M., Al-Lakwa H. E., Al-Halaby A. E.-D. F., Al-Sharkawy E. A. Effect of different episiotomy techniques on perineal pain and sexual activity 3 months after delivery. *Menoufia Medical Journal* . 2018;31(4):p. 1253.