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Postpartum perineal pain

Douleur périnéale du postpartum

1. Systematic Reviews and Meta-Analysis

1.1. Generic Acupuncture

1.2. Special Acupuncture Techniques

1.2.1. Acupressure

1.2.1.1. Ebrahimian 2025

Ebrahimian A, Razavinia F, Iravani M. The effect of acupressure on postpartum perineal pain: A systematic review and meta-analysis. Adv Integr Med. 2025 Jun;12(2):100470. https://doi.org/10.1016/j.aimed.2025.02.007

Background	Perineal pain is one of the natural complications after childbirth. This pain can cause problems by creating limitations and the inability of the mother to take care of herself and the baby. In this study the effect of acupressure on perineal pain after childbirth has been investigated.
Methods	To identify relevant studies a systematic search was conducted in international databases including PubMed Cochrane Library (Central) Web of Science Google Scholar ScienceDirect and Scopus as well as Persian databases such as SID Magiran and IranDoc up to 2023. Only randomized controlled trials (RCTs) were included in this meta-analysis while non-randomized studies pilot trials case reports and guidelines were excluded. Results were synthesized using a fixed-effects model with standardized mean differences and heterogeneity was assessed using the I^2 index. The risk of bias in the included studies was assessed using the risk of bias tool outlined in the Cochrane Guidelines.
Results	**Three studies including 370 women** were included in the meta-analysis. Three studies evaluated the effect of acupressure on perineal pain after childbirth before and immediately after the intervention. Based on this analysis there is a significant difference before and after the intervention with I2 = 70% heterogeneity [SMD −0.34 95% CI (-0.58 −0.10)]. Two studies evaluated the effect of acupressure on perineal pain after childbirth before and one hour after the intervention. Based on this analysis there is a significant difference before and after the intervention with I2 = 81% heterogeneity [SMD −1.64 95% CI (-2.06 −1.22)].
Conclusion	Acupressure is an effective method for managing perineal pain after childbirth with a noticeable reduction in pain intensity immediately after the intervention. However the study's limitations such as heterogeneity in acupressure points and the small number of studies included need to be considered.

2. Clinical Practice Guidelines

⊕ positive recommendation (regardless of the level of evidence reported)
Ø negative recommendation (or lack of evidence)

2.1. European Society of Regional Anesthesia and Pain Therapy 2025

Luxey X, Lemoine A, Dewinter G, Joshi GP, Le Ray C, Raeder J, Van de Velde M, Bonnet MP; PROSPECT Working Group of the European Society of Regional Anesthesia and Pain Therapy. Acute pain management after vaginal delivery with perineal tears or episiotomy. Reg Anesth Pain Med. 2025 Jun 10;50(6):503-513. https://doi.org/10.1136/rapm-2024-105478

Transcutaneous nerve stimulation and acupuncture are recommended as adjuvants for postpartum pain treatment.

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