

A study to assess the effectiveness of infrared light therapy on episiotomy wound healing among post natal mothers with episiotomy in Narayana general Hospital at Nellore

Ms.M.SASIKALA M.Sc(N), Asst. Professor Dept. of OBG Nursing, Narayana College of Nursing, Nellore.

Abstract: (BACK GROUND OF THE STUDY) Motherhood is the only act that manifests in human form the cosmic wonder of creation. Imagine a life growing within the body of the mother, nurtured with her life blood, And then there is the greatest wonder of all, this vague motion within her womb blooms into tiny human being reaching out. Most of all normal vaginal deliveries will be conducted with the help of an episiotomy. Suramanjary (2007) states that until 20th century the routine use of episiotomy was believed to have multiple benefits for both mothers and infant. D.C Dutta (2004) A surgically planned incision on the perineum and the posterior vaginal wall during the second stage of labour it is called episiotomy. An incision is begun at the posterior fourchette and continued downward at an angle of at least 45° relative to the perineal body either right or left and is generally 3 - 4 cm in length.