

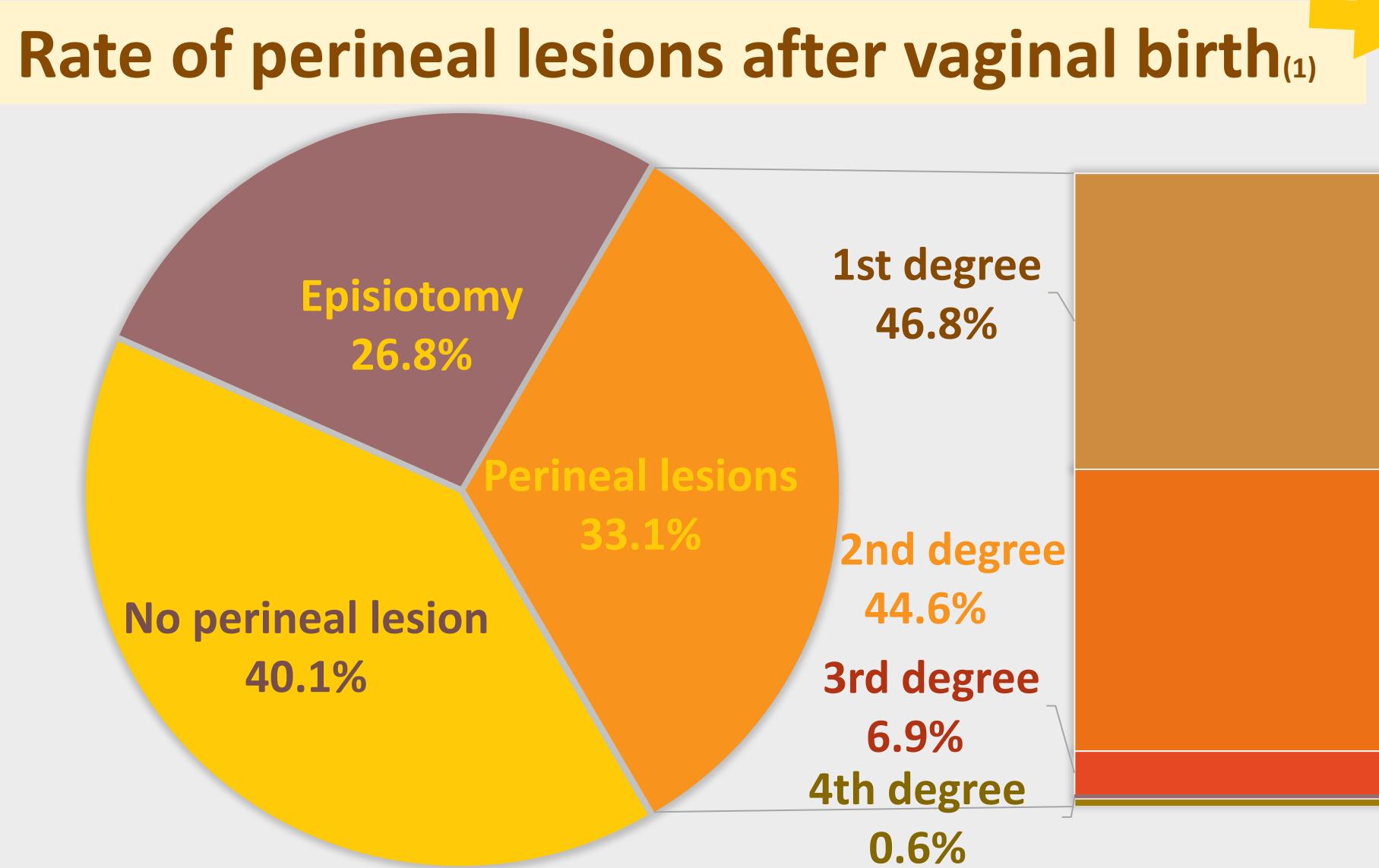
Honey to reduce perineal pain during postpartum : A randomized controlled trial

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This poster is based on the results of a Master Thesis conducted within the joint Master of Science (MSc) in Health Sciences of HES-SO (University of Applied Sciences and Arts Western Switzerland) and University of Lausanne (UNIL), major in Midwifery, at HES-SO Master

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Background



Affected areas of women's health (2-4)

- Physical health
- Mental health
- Daily activities
- Relationship

Honey properties (5,6)

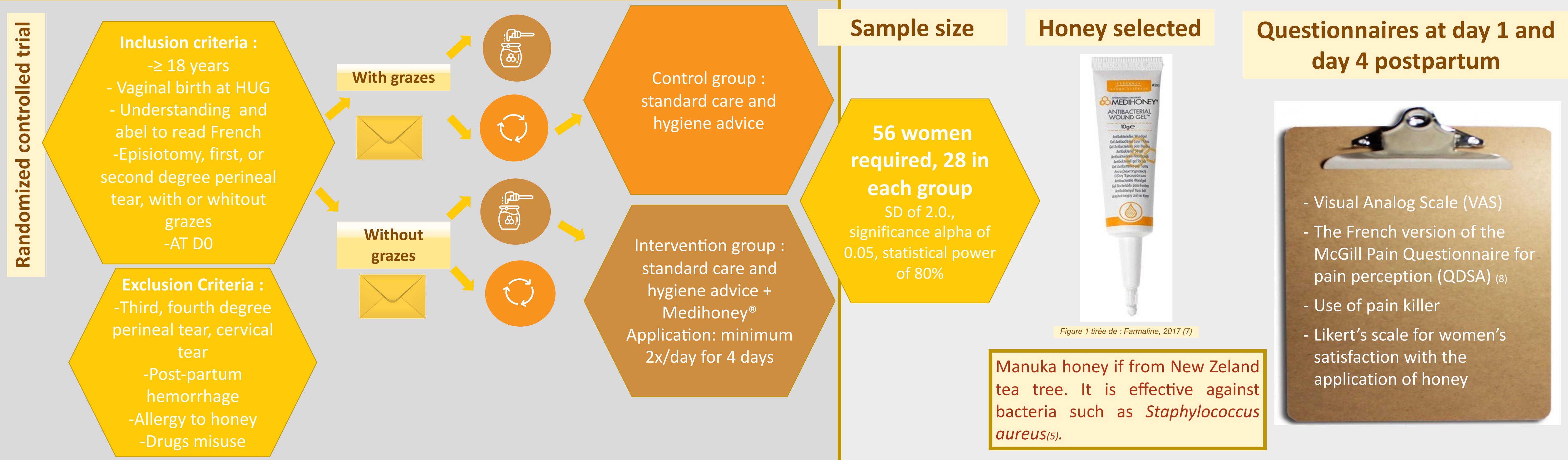
- Wound healing
- Anti-inflammatory
- Antibacterial

Does the application of honey on perineal lesions reduce pain during the postpartum period?

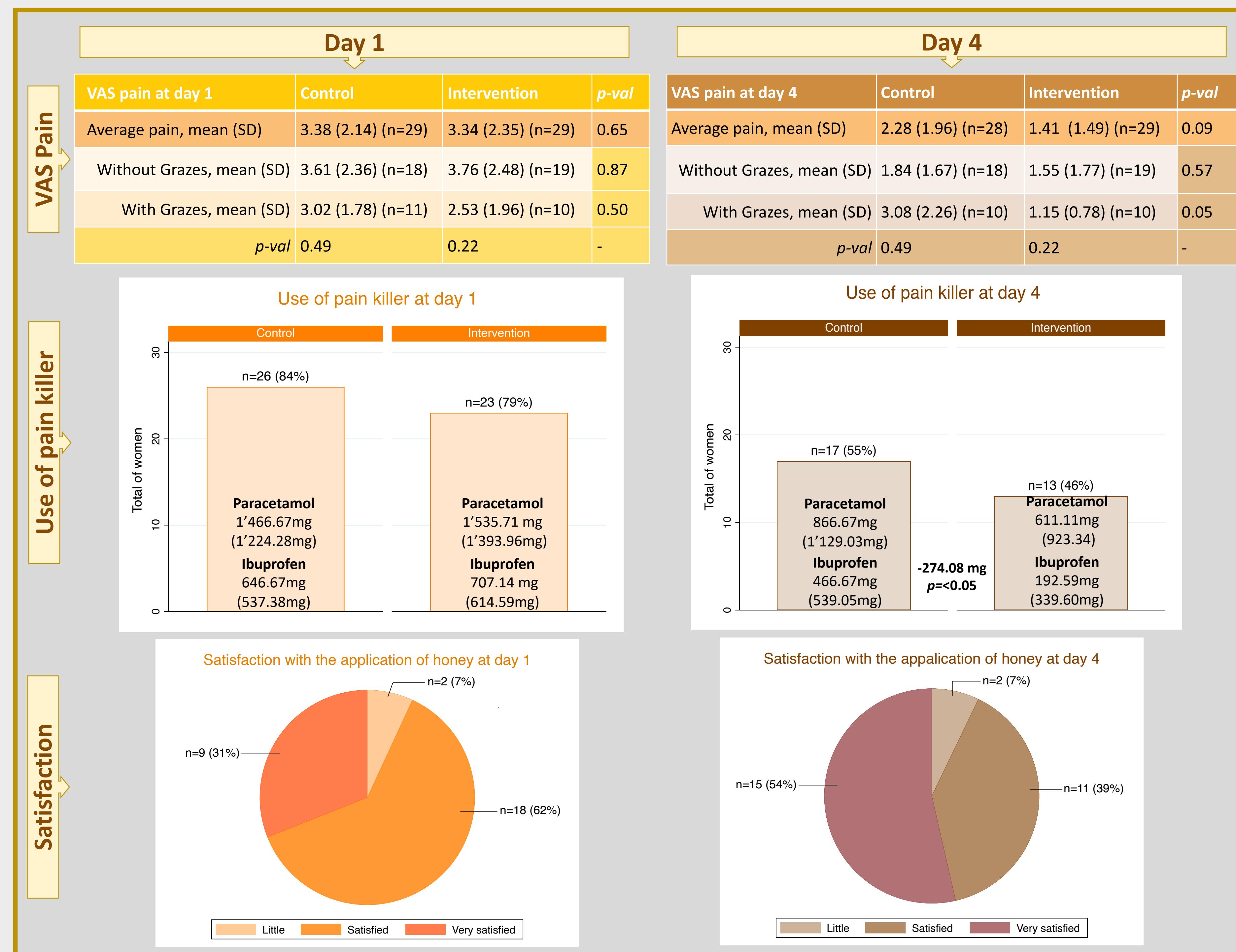
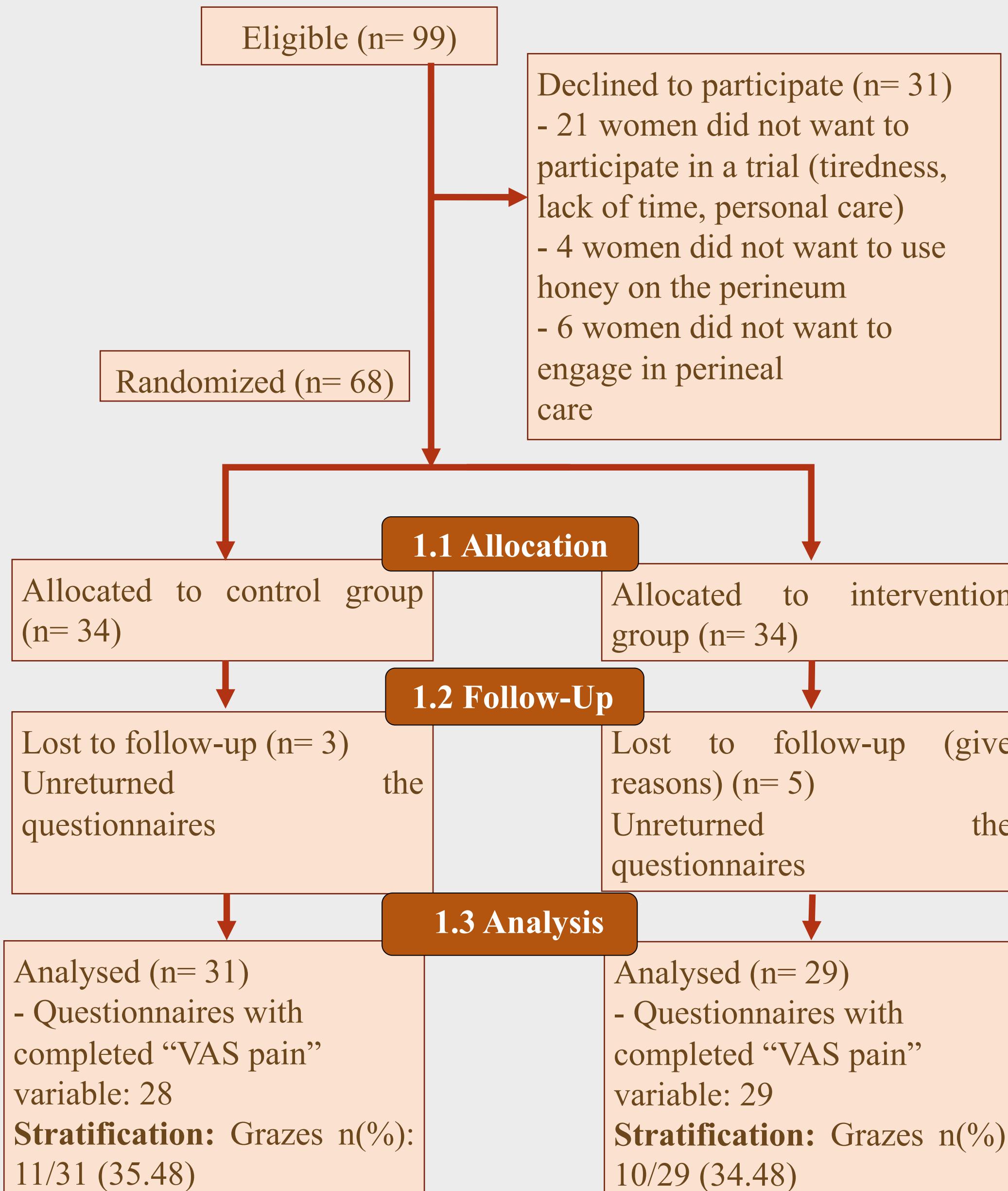
Objective 1 : To evaluate the pain relief effect with honey usage on perineal lesions with or without grazes

Objective 2 : to evaluate maternal satisfaction of application of the honey and the use of pain killer

Methods



Results



Discussion and conclusion

Honey does not reduce perineal pain during the postpartum period

Women with honey use less Ibuprofen on day 4

Women are satisfied with the use of honey on perineal lesions

To be considered for further studies

