

EPIZIOTOMIYADAN KEYINGI ASORATLARNI OLDINI OLISH

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Annotatsiya: Ushbu maqolada epiziotomiyadan keyingi asoratlarni oldini olish masalasi yoritilgan. Epiziotomiya tug‘ruq jarayonida amalga oshiriladigan jarrohlik muolajasi bo‘lib, uning noto‘g‘ri bajarilishi yoki yetarli parvarish qilinmasligi turli xil asoratlarga olib kelishi mumkin. Maqolada epiziotomiyadan keyingi infeksiyon va yallig‘lanish jarayonlarini kamaytirish, yarani to‘g‘ri parvarish qilish, tiklanish davrini qisqartirish hamda bemor holatini yaxshilash uchun samarali profilaktik chora-tadbirlar haqida so‘z yuritiladi. Tadqiqot natijalari asosida tibbiy xodimlar uchun tavsiyalar beriladi.

Kalit so‘zlar: epiziotomiya, tug‘ruq, jarrohlik asoratlari, profilaktika, tiklanish, parvarish, infeksiya.

Annotation: This article discusses the prevention of complications after episiotomy. Episiotomy is a surgical procedure performed during childbirth, and its improper execution or inadequate care can lead to various complications. The article highlights effective preventive measures to reduce infectious and inflammatory processes, ensure proper wound care, shorten the recovery period, and improve the patient’s condition. Based on the research findings, recommendations are provided for medical professionals.

Keywords: episiotomy, childbirth, surgical complications, prevention, recovery, care, infection.

Аннотация: В данной статье рассматривается вопрос профилактики осложнений после эпизиотомии. Эпизиотомия — это хирургическая процедура, выполняемая во время родов, и ее неправильное проведение или недостаточный уход могут привести к различным осложнениям. В статье освещены эффективные профилактические меры, направленные на снижение риска инфекционных и воспалительных процессов, обеспечение правильного ухода за

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раной, сокращение периода восстановления и улучшение состояния пациентки. На основе результатов исследования даны рекомендации для медицинских работников.

Ключевые слова: эпизиотомия, роды, хирургические осложнения, профилактика, восстановление, уход, инфекция.

Introduction. Episiotomy is a surgical incision made in the perineum during childbirth to facilitate delivery and prevent severe perineal tears. While this procedure can be necessary in certain cases, improper execution or inadequate post-procedural care can lead to various complications that affect the mother's recovery and overall well-being.

Common Post-Episiotomy Complications: Infections (wound inflammation, abscess formation). Dehiscence (wound reopening due to poor healing). Severe pain and discomfort. Hematoma and excessive bleeding. Scar tissue formation, leading to dyspareunia (painful intercourse). The objective of this study is to explore effective preventive measures that can minimize these complications, promote faster recovery, and improve maternal health outcomes.

Methods.

This study is based on a comprehensive review of scientific literature, clinical guidelines, and case studies related to post-episiotomy care. The research methodology includes: Literature Review: Analysis of over 30 peer-reviewed articles on episiotomy management. Clinical Case Studies: Examination of patient outcomes in hospitals and maternity clinics. Comparison of Treatment Approaches: Traditional vs. modern post-episiotomy care techniques. Expert Opinions: Insights from obstetricians, gynecologists, and midwives. The study aims to identify the most effective strategies for reducing post-episiotomy complications based on clinical evidence.

Results.

Findings from the study indicate that proper post-episiotomy care significantly reduces the risk of complications. The most effective preventive measures include: Regular wound cleaning with antiseptic solutions. Use of antibiotic ointments in high-risk cases. Ensuring proper personal hygiene (frequent changing of maternity pads, gentle washing after urination). Using absorbable sutures to promote natural healing. Applying cold compresses to reduce swelling and discomfort. Proper pain management through safe analgesics. Avoiding prolonged sitting or pressure on the perineal area. Engaging in light pelvic floor exercises to strengthen muscles and improve circulation.

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Delaying sexual activity until full wound healing occurs. Regular postpartum check-ups with a healthcare provider. Immediate intervention in case of unusual symptoms (severe pain, excessive bleeding, signs of infection). These measures, when properly implemented, contribute to faster recovery and lower the risk of long-term complications.

Discussion. The results align with existing research, highlighting that post-episiotomy care plays a crucial role in preventing complications. Key findings suggest that: Hygiene and proper wound management are the most critical factors in reducing infections. Early mobilization and guided pelvic floor exercises improve healing outcomes. Patient education is essential for ensuring adherence to post-care guidelines. However, some challenges remain: Limited awareness among new mothers about proper wound care. Differences in hospital protocols and access to high-quality medical care. Individual health conditions that may affect healing, such as diabetes or anemia. Future research should focus on advanced surgical techniques that minimize trauma, improved pain management strategies, and personalized postpartum care programs.

Episiotomy, while sometimes necessary, requires careful post-procedural management to prevent complications. The findings of this study suggest that a combination of proper hygiene, medical supervision, and patient education significantly improves recovery outcomes. Healthcare providers should emphasize: Regular wound care and infection prevention measures. Proper postpartum exercise and lifestyle adjustments. Early detection and treatment of any signs of complications. Further studies should explore innovative healing techniques and individualized recovery plans to enhance maternal health and well-being.

Conclusion

Episiotomy is a commonly performed obstetric procedure that, if not managed properly, can lead to various complications such as infections, wound dehiscence, excessive pain, and long-term discomfort. However, implementing effective preventive measures can significantly reduce these risks and ensure better maternal recovery. The study findings highlight the importance of: Strict hygiene and wound care to prevent infections and promote faster healing. Appropriate pain management and early mobilization to improve comfort and facilitate recovery. Patient education to ensure adherence to post-episiotomy care guidelines. Regular medical follow-ups to detect and address complications at an early stage. Healthcare professionals must

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prioritize these strategies to enhance postpartum outcomes. Future research should focus on optimizing surgical techniques, developing innovative healing approaches, and establishing standardized postpartum care protocols tailored to individual patient needs.

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