

# Effect of Perineal Massage with Ostrich Oil on the Episiotomy and Lacerations in Nulliparous Women: A Randomized Controlled Clinical Trial

Samira Romina<sup>1</sup>, Faeze Ramezani<sup>1</sup>, Neda Falah<sup>1</sup>, Maryam Mafi<sup>2</sup>, Fatemeh Ranjkesh<sup>3</sup>

<sup>1</sup>Students of Midwifery, Student Research Committee, Qazvin

University of Medical Sciences, Qazvin, Iran,

<sup>2</sup>Department of Biostatistics, School of Nursing and Midwifery, Qazvin University of Medical Sciences, Qazvin, Iran,

<sup>3</sup>Instructor of Midwifery, Children Growth Research Center, Research Institute for Prevention of Non-Communicable Diseases, Qazvin University of Medical Sciences, Qazvin, Iran

## Abstract

**Background:** Perineal lacerations resulting from vaginal delivery may cause short and long complications, which lead to some problems in women after the delivery. Ostrich oil is safe for use in

skincare and beauty products. The aim of this study was to examine the effect of perineal massage with

Ostrich oil on the episiotomy and lacerations in nulliparous women. **Materials and Methods:** This single-blind randomized controlled trial was conducted on 77 nulliparous women referred to Razi Hospital in Qazvin (Iran) from May to December 2018. After screening of potential participants, 80 out of 105 pregnant women were selected by convenience sampling and were assigned into the intervention and control groups by block randomization technique. In the intervention group, participants received a perineal massage with Ostrich oil in the active phase and the second stage of labor. The rates of episiotomy and perineal laceration were compared between the two groups. Data were analyzed using Chi-square, *t*-test and Mann-Whitney. **Results:** Perineal massage with Ostrich oil in the intervention group significantly decreased the rate of episiotomy compared to the control group ( $\chi^2 = 18.32$ ,  $df = 1$ ,  $p < 0.001$ ). However, there was no statistically significant difference in perineal lacerations between the two groups. **Conclusions:** The results revealed that perineal massage

with Ostrich oil could be recommended as an effective, safe, and inexpensive method to improve the

rate of episiotomy in vaginal delivery. Perineal massage can be performed by midwives in the first and second stages of labor.

**Keywords:** *Episiotomy, lacerations, massage, nulliparity, perineum*