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Bwrdd Iechyd Prifysgol
Caerdydd a'r Fro
Cardiff and Vale
University Health Board

Department of Physiotherapy—Women's Health
Physiotherapy Department



Perineal trauma treatment leaflet:
Laser/Pulsed shortwave

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The Management of your perineal wound breakdown

The Women's Health Physiotherapy team are responsible for various aspects of your

obstetric care providing you with both Ante-natal and Post-natal care.

The aim of this leaflet is to explain the use of laser therapy to promote the healing of your perineal wound.

It is not uncommon for women to have post natal perineal wound breakdown where the wound opens slightly. Often it occurs due to a combination of factors such as trauma within the tissues and/or poor circulation as a result of bruising, swelling, and/or infection.

The classic symptoms are:

- Pain,
- An odious discharge
- Perhaps you feel generally unwell.

Your midwife or GP will have referred you to our team in order for us to provide the appropriate treatment. You will often have had a swab taken of the wound taken to determine any infection and the need for antibiotics. Analgesics (pain killers) should also be prescribed.

What to expect

You will be contacted by phone within two working days from receipt of the referral in order to arrange an out-patient appointment within the Department of Physiotherapy, University Hospital of Wales. We make every effort to accommodate you and the demands of your baby.

The appointment will be for 30 minutes during this time you will be asked some relevant questions regarding you delivery and the wound itself will be assessed in order to determine the best course of treatment.

Please note the map of the back of this leaflet for easy access into the Department of Physiotherapy. This saves a long walk from the multistorey car park, but please note that you can only be dropped off there.

Our treatment, if deemed appropriate will include:

Electrotherapy—

- Laser where a wound infection is present.
- Pulsed shortwave where extreme bruising and swelling is present.
- A Perineal Wound Care leaflet.
- An education class appointment at around six weeks post natal in order to discuss the possible affects of your pelvic floor muscle injury and how to prevent problems in the future.

Low Level Laser Therapy (LLLT) for Wound Healing

Low Level Laser Therapy (LLLT) is the application of red light and near infrared radiation to stimulate healing and relieve pain. There is usually no sensation or side effects. The new accepted term for this effect is Photobiomodulation.

This method of treatment is quick and painless. It has many properties that have been shown to enhance healing and can be used in the presence of infection.

On average a patient undergoes daily treatments rarely lasting more than five minutes which are then spread out until healing is completed. The average total number of treatments is between 5 -7. In the event that there are any additional problems with healing the Physiotherapist treating you is able to refer into the hospital wound team or the perineal trauma clinic where you will be seen by a consultant.

Pulsed Shortwave (PSWD) is the application of sound waves to tissues that are swollen, bruised or have a haematoma within them. It helps to disperse the above, thereby reducing pain and aids healing. It too is painless and lasts on average 10-15 minutes. The number of treatments is determined by the injury but rarely exceeds 5.