ABSTRACT
Vast majority of women experience perineal trauma during childbirth, which has long term consequences. Episiotomy for prevention of perineal lacerations and its consequences has been in debate and now it is widely accepted that restrictive use of episiotomy definitely prevents complete perineal tears and incontinence etc., The choice of material and the technique for suturing influences wound healing and long term pain. Various studies have been done in this aspect. I have done a prospective randomized controlled trial comparing the two techniques-continuous and intermittent, and the two materials-chromic catgut and vicryl rapide. 100 patients were included, and divided into 4 groups depending on the material and the technique. The parameters compared were time taken for suturing, cut through during the study, and pain at postnatal day 2 and 7, and other parameters like edema, induration, temperature, wound healing on days 2 and 7. In my study, the time taken for suturing and the material required was lesser in the continuous technique, and wound healing was also better. Vicryl rapide was associated with more cut through during suturing, which was the only disadvantage. The wound healing and long term pain was better in the vicryl rapide group compared to the catgut group. Hence the continuous technique with vicryl rapide is better for episiotomy suturing.

KEYWORDS: Episiotomy, catgut, vicryl, continuous, intermittent, pain, wound healing