Vulval and perineal

tears, suturing and pain

Randomised controlled trial

**Effect of acupressure applied to Bl23 point versus crushed ice application on postpartum perineal pain intensity**
Gohar, I. E., & Taman, A. H. S. (2022). Effect of Acupressure Applied To Bl23 Point versus Crushed Ice Application on Postpartum Perineal Pain Intensity. *Assiut Scientific Nursing Journal*, *10*(29), 1-13.
**Conclusion**: The severity of perineal pain decreased in both groups, but the effect of acupressure was superior on perineal pain reduction for a long term basis.

**The effect of acupressure applied to points LV4 and LI4 on perceived acute postpartum perineal pain after vaginal birth with episiotomy: a randomized controlled study**
Şolt Kirca, A., & Kanza Gul, D. (2020). The effect of acupressure applied to points LV4 and LI4 on perceived acute postpartum perineal pain after vaginal birth with episiotomy: a randomized controlled study. *Archives of gynecology and obstetrics*, *301*(2), 473–481. https://doi.org/10.1007/s00404-020-05439-z
**Conclusion**: Effective pain relief is achieved by applying acupressure for 10 min to the perineum and is maintained between 30, 60, and 120 min.

**Effect of ear acupressure on acute postpartum perineal pain; a randomised controlled study**
Kwan, W. S., & Li, W. W. (2014). Effect of ear acupressure on acute postpartum perineal pain: a randomised controlled study. *Journal of clinical nursing*, *23*(7-8), 1153-1164.
**Conclusion**: There is no evidence so far to conclude that ear acupressure can effectively relieve perineal pain based on the statistical results. Further research is suggested to explore whether the effectiveness of pain relief is affected by the frequency and duration of acupressure point stimulation.