

## Abstract # 416:

# Effect of radiofrequency in the treatment of *de novo* dyspareunia at 4 to 14 months postpartum: a randomized prospective study.

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### INTRODUCTION

**Dyspareunia** is a type of pelvic pain that takes place during vaginal penetration at some point in sexual intercourse. It greatly affects quality of life as well as psychological and sexual wellbeing.

**Risk factors:**

- A delivery with episiotomy
- Perineal tearing
- Labor dystocia using forceps or vacuum

**Prevalence** of 17-45% at 6 months postpartum.

There is no evidence in the scientific literature of the effect of radiofrequency (RF) in patients with *de novo* dyspareunia due to an obstetric injury.

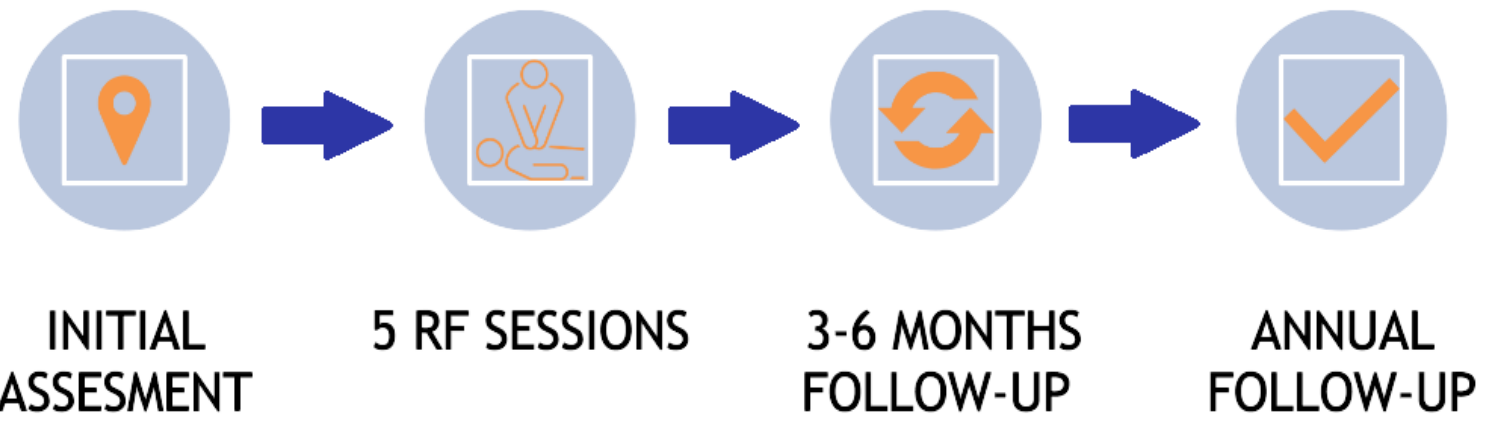


### AIM OF STUDY

To evaluate the role that radiofrequency (RF) plays in reducing the level of pain in *de novo* dyspareunia in postpartum women that persists from 4 to 14 months.

### STUDY DESIGN, MATERIALS AND METHODS

A **randomized prospective trial** is being conducted in women presenting *de novo* dyspareunia upon resumption of coital intercourse the first year after having a vaginal delivery with episiotomy, obstetric tearing of the anal sphincter, labor dystocia, and/or a macrosomic infant.



Takes place in the Perineal Clinic of the Hospital Clinic de Barcelona. Participants are randomly allocated in either the intervention group (IG) or control group (CG). A physical exam is performed and they answer the questionnaires.

The IG receives **treatment** with ON RF, and the CG receives sham treatment (double blinded). They receive a total of 5 sessions (C200, Capenergy) + daily perineal massage. In the last session we perform a physical exam and the questionnaires to obtain the results of the treatment.

**Follow-up sessions:** at 3-6 months and after a year, the physical exam is performed, and the patient fills in the questionnaires once again.

**MAIN VARIABLE:** pain during sexual intercourse



Image 1. C200 – Capenergy RF device



Image 2. Capenergy Intravaginal probe

### RESULTS AND INTERPRETATION

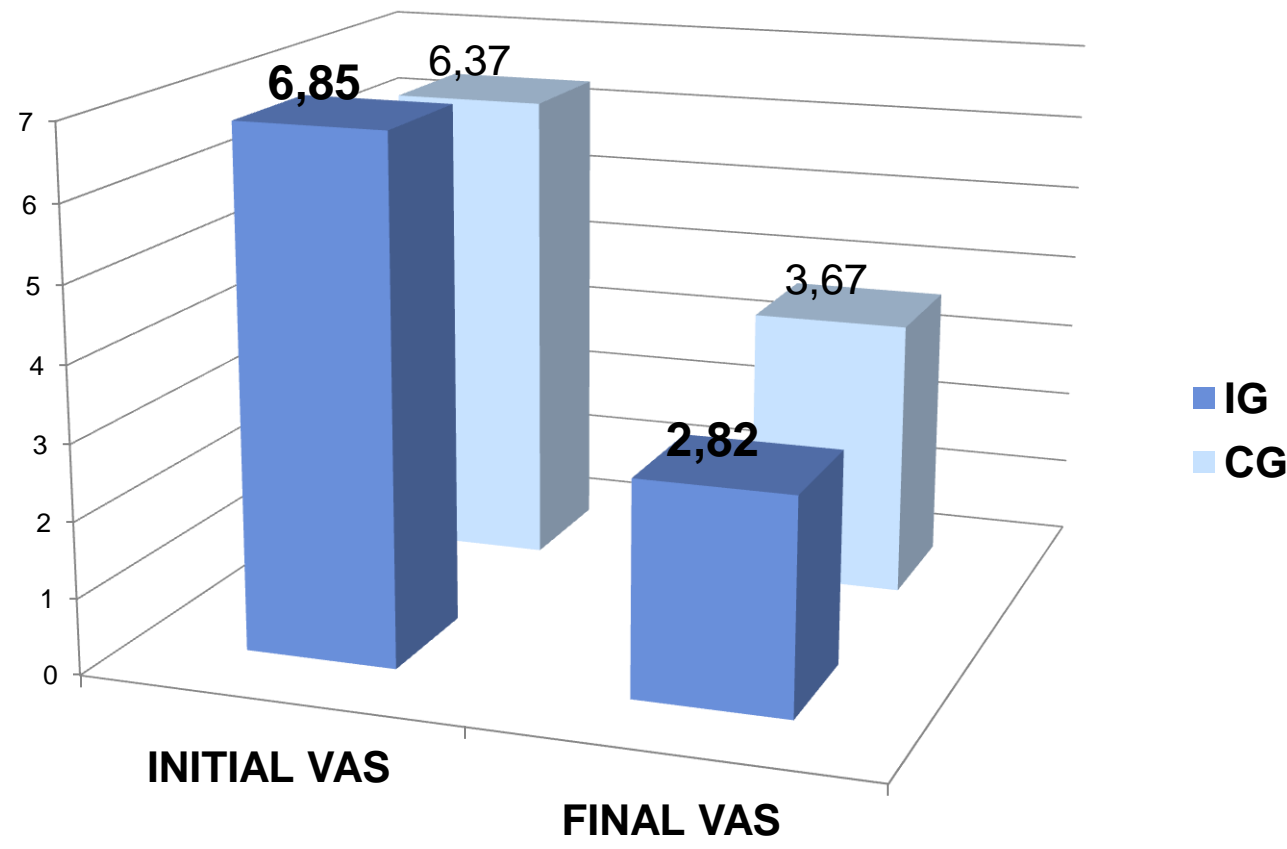
As of this moment 50 women have been included in the study, 38 of which have finished the 5 sessions; 20 in the CG and 18 in the IG. Regarding the main variable, the results are the following:

Demographic Data	n=38
Average age (years)	36.58 (SD 7.37)
Newborn weight (kg)	3,45
Breastfeeding	54,50%
Contraceptive Use	18,80%

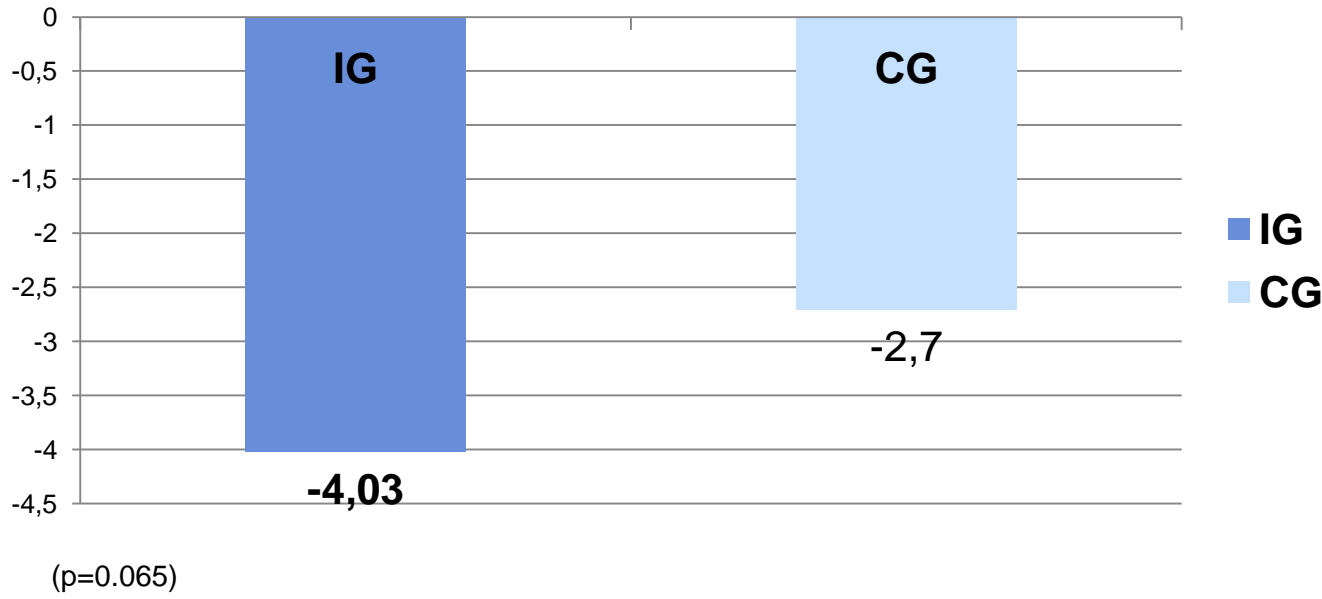
Clinical Data	n=38
Episiotomy	52.80%
Obstetric Tearing	63,50%
OASI	13,6%
Urethral hipermobility	3,45%
Avulsion of the LAM	9,10%

LA: Levator Ani Muscle, OASI: Obstetric Anal Sphincter Injury

### PAIN DURING IN THE INITIAL SESSION VS. AFTER 5 RF SESSIONS (VAS)



### CHANGE IN THE MEAN DIFFERENCE OF PAIN (VAS)



### CONCLUSIONS

The preliminary analysis of the 38 patients that have already finished the 5 sessions of treatment together with daily perineal massage shows a higher decrease of the level of pain during penetration in the IG compared to the CG.

### REFERENCES

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