

## EPISIOTOMY

### 會陰傷口

Frequently, at the time of delivery, the doctor makes a small incision, called an episiotomy, to enlarge the exit from the vagina. This is done to prevent excessive strain on or possible tearing of the tissues during childbirth because of the size of the baby. The cut is stitched closed after delivery of the placenta (after birth). The stitches usually are absorbed soon or drop out as the cut heals.

Pain or itching may occur during the healing process. Your doctor may recommend a heat lamp, sitz baths, or other treatment to relieve this.

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(英文版)

**Modern Medicine  
Traditional Care**