

Prospective series of 53 episiotomies performed with the angled EPISCISSORS-60[©].

Patel RP, Ubale SM. - *Suyog Women's Hospital and Rajiv Gandhi Medical College, Thane, India.*

Introduction

Obstetric anal sphincter injuries (OASIs) are the leading cause of anal incontinence in women. Episiotomy suture angles between 37 and 60 degrees are associated with lowest risk of OASIs. Only 13% of clinicians are able to achieve episiotomy suture angles of 40 degrees (1). Angled EPISCISSORS-60[©] (Medinvent Ltd, Romsey, England) are new episiotomy scissors designed to cut at 60 degrees by aligning a reference guide-limb to the perineal midline (2). We present a case series of episiotomy sutured angles with the angled EPISCISSORS-60.

Methods

Consecutive patients delivering in two private maternity hospitals in Thane, India undergoing clinically indicated episiotomies were included. Only patients delivering spontaneously were included.

The scissors were introduced vaginally at crowning, and aligned to orient the guide-limb vertically from the posterior fourchette to the anus. While a single cut was preferred, a stagger cut was needed on some women. Post-delivery angles were measured by placing a protractor transparency on the perineum after delivery and the angle marked with an indelible ink pen. Per rectal examination was performed prior to suturing to detect OASIS.

Results

A total of 53 women underwent clinically indicated episiotomies. Of these, 28 women were nulliparous. One woman had a vaginal breech delivery (para 2) and the rest were cephalic vertex deliveries. The average age was 27 (range 20-35).

The median birth weight was 2960 grams (SD=420, IQR=2900-3200 grams). The median post-delivery suture angle of the episiotomy was 48 degrees (SD=3.7 degrees, IQR=47-52 degrees).

There were no differences between nulliparous and parous women in birth weights or episiotomy angles. No cases of OASIs were detected in this series.

Conclusion

EPISCISSORS-60[©] angled version demonstrated a post-delivery suture angle of 48 degrees in a cohort of Indian women undergoing spontaneous vaginal deliveries.

References

1. **Andrews V, Thakar R, Sultan AH, Jones PW.** *Are mediolateral episiotomies actually mediolateral?* BJOG 2005; 112: 1156-8.
2. **Patel R et al.** *Evaluation of the angled EPISCISSORS-60[©] episiotomy scissors in spontaneous vaginal deliveries: A case series.* Med Devices (Auckl). 2014;7:253-6

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