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Title: Neuromuscular Electrical Stimulation for Perineal Muscle Repair Following Episiotomy: The First Preliminary Study

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Abstract

Introduction:

The aim of this study was to present our experience in utilizing Neuromuscular Electrical Stimulation (NMES) during primary repair of perineal muscles following episiotomy and, and to assess its benefits and outcomes.

Methodology:

This first preliminary study involved 18 patients who were indicated for episiotomy during spontaneous vaginal delivery at King Abdulaziz University Hospital, Jeddah, Saudi Arabia between January 2020 and June 2021. All patients provided informed consent for using NMES during episiotomy repair "NMES was applied transcutaneously to localize and approximate the perineal muscles, with electrical current adjusted according to muscular response." All procedures were performed under epidural analgesia. The follow-up period was one year.

Results:

Among the 18 patients, 12 and 6 underwent midline and mediolateral episiotomy, respectively. Eleven were primigravida, while 7 were multigravida with no history of perineal trauma or episiotomy before. All patients regardless of type of episiotomy reported no infection, dehiscence, perineal laxity, and extensive narrowing or stenosis of the introitus with less pain and no dyspareunia.

Conclusion:

This first preliminary study demonstrated the feasibility of NMES in the localization and approximation of perineal muscles during episiotomy repair, which allowed for ease, complete surgical closure, and satisfactory surgical outcomes without complications in all patients. NMES may play a novel role in the field of obstetrics and gynecology, and improve the surgical outcomes of episiotomy, particularly those of the mediolateral type.

Biography

Dr. Ettetdal Atiyah AlJahdali is a graduate of King Abdulaziz University, College of Medicine, during the year 1994. She then specialized in Obstetrics and Gynecology and has her expertise in Pediatrics Adolescent Gynecology and is motivated in spreading awareness in this specialty. She is also a member and deputy of the Intersex Center in King Abdulaziz University Hospital Jeddah, Saudi Arabia which involves in all types of pelvic reconstructive surgeries of genital tract anomalies. Dr. Ettetdal has built this healthcare path after years of experience in research, evaluation, teaching, and administration both in hospital and education institutions. She believes in the importance of educating and improving awareness of the general population within the pediatrics and gynecology specialty.



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Recent publication:

1. **Pregnancy outcomes at advanced maternal age in a tertiary Hospital, Jeddah, Saudi Arabia**, [Ettedal A. AlJahdali](#), ABOG, SBOG, Nawal S. AlSinani, ABOG, SBOG. Saudi Med J 2022; Vol. 43 (5): 491- 499 doi: 10.15537/smj.2022.43.5.20220023

2. **Successful pregnancies in an adolescent with Herlyn-Werner-Wunderlich (HWW) syndrome: a case report and literature review**, [Ettedal A. AlJahdali](#), MBBCh, SBOG, CBG OBGYN, AFSA, Leena I. Sharafuddin, MBBCh, Wejdan O. Baamer, MBBCh, SBOG, Maram A. Enani, MBBCh, Fotoon S. Alzhrani, MBBCh Ann Pediatr Surg 18, 34 (2022). <https://doi.org/10.1186/s43159-022-00171>

3. **Isolated clitoral hood Hair thread tourniquet syndrome: First Report of 6 cases**, Ettedal A. AlJahdali, ABOG, SBOG, DOI: 10.7759/cureus.26472

4. **Hymen-saving hymenotomy of imperforate hymen in neonates and adolescents: tertiary medical center experience**, [Ettedal A. AlJahdali](#)¹* and Mazen O. Kurdi², Annals of Pediatric Surgery (2022) 18:53, <https://Doi.org/10.1186/s43159-022-00192-1>

5. **Distinct Presentations and management of hernia of the umbilical cord: 15 years' experience in Tertiary Hospital**, Yasir s. Jamal, FRCS, FICS; Mazen O Kurdi, FRCS; [Ettedal A. AlJahdali](#), ABOG, SBOG; Samera F. AlBasri MBBCh, ABOG SBOG, MS, MED; Abdullah Y. Jamal, MBBCh. AOPS-D-22 00080R, DOI: 10.1186/s43159-022-00191-2

6. **Association of Postpartum Hemorrhage Complication with its Factors and Surgical Treatments**, Samera AlBasri, Orjwan Saud Khayat, Naif Ahmad AlAnsari, [Ettidal Atiyah AlJahdali](#), Ann Obstet Gynecol. 2022; 5(2):1037.

7. **Neuromuscular electrical stimulation for perineal muscle repair following episiotomy: The first preliminary study**, [Ettidal Atiyah AlJahdali](#), Samera AlBasri, Ann Obstet Gynecol. 2022; 5(2):1039 <http://meddocsonline.org/annalsof-obstetrics-and-gynecology-archive.html#X>

8. **Placenta Previa and Placenta Accreta Spectrum at KAUH**, Samera AlBasri , [Ettidal Atiyah AlJahdali](#), Journal of Complementary Medicine Research, 13(4),



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9. Medical Trainees' Attitudes about the Value of Simulation in the Obstetrics and Gynecology Program of King Abdulaziz University, Jeddah, Saudi Arabia, [Ettedal Atiyah Aljahdali](#), MBBCh, SBOG, CBG OBGYN, AFSA Journal of Complementary Medicine Research
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