

SUPRAPUBIC PAIN POST VAGINAL DELIVERY?

¹M.M.Hazwan ; ²Z.M, Hafizan; ³R.M.Fikri; ⁴N.Sobri

¹Department of Orthopaedic, Hospital Raja Perempuan Zainab II, Kota Bharu Kelantan

INTRODUCTION:

Post partum pubic diastasis is a wide gap between the two pubic bone after delivery. The incident is uncommon. Diastasis more than 1cm will associated with pain and swelling.

REPORT:

A 26 yo G1P0, no commodities came with labour pain and was admitted to hospital. She delivered a baby by spontaneous vaginal delivery with baby weight around 3.75kg. Post delivery complicated with anterior vaginal wall haematoma.. On day 15 after delivery patient try to ambulate and start to has localized pain at the suprapubic area. The pain caused patient had difficulty during walking otherwise no neurological manifestation. Examination revealed tenderness at symphysis pubic area with intact neurovascular of lower limb. Case was referred to orthopaedic team and x ray pelvic antero-posterior view was done.

Pelvic x ray revealed a wide gap between pubic bone of 4.4cm with intact sacroiliac joint. This condition was diagnosed as symphysis pubic diastasis. Symptomatic treatment was started, she was given adequate analgesic. Due to wide gap, pelvic binder was applied for better pain relieve. X ray post pelvic binder show that the gap reduce to 3.7cm. Patient was discharge with analgesic and pelvic binder with one month appointment. During the appointment pelvic x ray was repeated and the diastasis reduce to 2.5cm. The pain was significantly reduce and patient able to walk without pain. Subsequent follow up patient defaulted.



Figure 1 :
pelvic x ray
first review

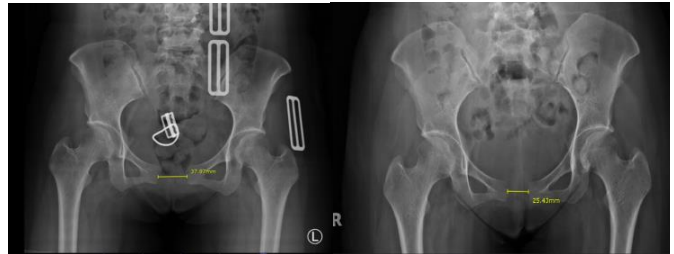


Figure 2: pelvic x ray
post pelvic binder

Figure 3: pelvic x ray
after 1 month

Symphysis pubis diastasis (SPD) after normal vaginal delivery is a rare condition. The reported incidence varies from 1 in 300 to 1 in 30,000 deliveries. SPD following vaginal delivery is rarely associated with soft tissue injury comparable to traumatic causes. Non traumatic SPD can be treated conservatively with analgesic and pelvic binder. Rarely required surgical intervention.

CONCLUSION:

Symphysis pubic diastasis is uncommon injury following post spontaneous vaginal delivery. If patient experiencing suprapubic pain, she should be evaluated for post partum pubic diastasis

REFERENCES:

1. Post Partum Pubic Diastasis: A Case Report. Sanjay Kumar Tripathi. Annals of International Medical and Dental Research, Vol (2), Issue (5) Page 10
2. Post-Partum Diastasis of the Pubic Symphysis: Report of a Rare Case, Jeevitha Kamakoti Jayaraman, Journal of Clinical and Diagnostic Research. 2015 Sep, Vol-9(9): QD09-QD10