

Clinical Trial Protocol

Iranian Registry of Clinical Trials

27 May 2026

The effect of lavender essential oil and olive oil on perineal care after delivery

Protocol summary

Summary

In this double blind randomized trial, the effect of lavender essential oil (*lavandulla officinallis*) and olive oil will be evaluated to treat perineal tear after delivery. Inclusion criteria: NVD without instrument and perineal tear (mediolateral episiotomy, 1 & 2 degree perineal rupture). Exclusion criteria: diabetes, kidney diseases, severe anemia (Hb<9 mg/dl in admission time), 3 & 4 degree perineal rupture. Ninety females will be selected after NVD and will be put in three groups: lavender essential oil based on olive oil, olive oil and placebo (normal saline). After educating health tips to women, we will educate them to use 10 drops of drug in 5 liters warm water as sitz bath during 15 minutes 2 times per day. Also, the researcher will evaluate perineal pain severity with VAS (Visual Analog Scale) scale and tear improvement sign with REEDA (redness, edema, Ecchymosis, discharge, approximation) scale in three groups 2 hours and 5 & 10 days after delivery.

General information

Acronym

IRCT registration information

IRCT registration number: **IRCT138902083004N2**

Registration date: **2010-05-21, 1389/02/31**

Registration timing: **prospective**

Last update:

Update count: **0**

Registration date

2010-05-21, 1389/02/31

Registrant information

Name

Fereshteh Behmanesh

Name of organization / entity

Babol university of medical sciences

Country

Iran (Islamic Republic of)

Phone

+98 11 1322 5585

Email address

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Recruitment status

Recruitment complete

Funding source

Babol university of medical sciences

Expected recruitment start date

2010-05-22, 1389/03/01

Expected recruitment end date

2010-09-23, 1389/07/01

Actual recruitment start date

empty

Actual recruitment end date

empty

Trial completion date

empty

Scientific title

The effect of lavender essential oil and olive oil on perineal care after delivery

Public title

Evaluation the effect of lavender essential oil and olive oil on perineal care after delivery

Purpose

Treatment

Inclusion/Exclusion criteria

Inclusion criteria: NVD without instrument and perineal tear (mediolateral episiotomy, perineal 1 & 2 degree rupture). Exclusion criteria: acute or chronic disease such as diabetes, kidney diseases, severe anemia (Hb<9 mg/dl in admission time), history of allergy and perineal 3 & 4 degree rupture.

Age

From **18 years** old to **35 years** old

Gender

Female

Phase

3

Groups that have been masked

No information

Sample size

Target sample size: 90

Randomization (investigator's opinion)

Randomized

Randomization description

Blinding (investigator's opinion)

Double blinded

Blinding description

Placebo

Used

Assignment

Parallel

Other design features

Secondary Ids

empty

Ethics committees

1

Ethics committee

Name of ethics committee

Babol univercity of medical sceinces

Street address

Babol univercity of medical sceinces

City

Babol

Postal code

Approval date

2010-02-16, 1388/11/27

Ethics committee reference number

5795

Health conditions studied

1

Description of health condition studied

Perineal care after delivery

ICD-10 code

090.1

ICD-10 code description

Disruption of perineal wound

Primary outcomes

1

Description

repair of perineal tear

Timepoint

5 days

Method of measurement

REEDA scale

Secondary outcomes

1

Description

perineal tear pain

Timepoint

5 days

Method of measurement

VAS scale

Intervention groups

1

Description

First group: sitz bath with 4 liter warm water and 10 drops lavender essential oil1/5% based with olive oil

Category

Treatment - Drugs

2

Description

Third group: sitz bath with 4 liter warm water and 10 drops normal saline

Category

Placebo

3

Description

Second group: sitz bath with 4 liter warm water and 10 drops olive oil

Category

Treatment - Drugs

Recruitment centers

1

Recruitment center

Name of recruitment center

Health centers of Babol university of medical sciences

Full name of responsible person

Fereshteh Behmanesh

Street address

Babol university of medical sciences

City

Babol

Sponsors / Funding sources

1

Sponsor

Name of organization / entity

Babol university of medical sciences

Full name of responsible person

Amrollah Mostafazadeh

Street address

Vice chancellor for research, Babol university of

medical sciences

City

Babol

Grant name

Grant code / Reference number

Is the source of funding the same sponsor organization/entity?

Yes

Title of funding source

Babol university of medical sciences

Proportion provided by this source

100

Public or private sector

empty

Domestic or foreign origin

empty

Category of foreign source of funding

empty

Country of origin

Type of organization providing the funding

empty

Person responsible for general inquiries

Contact

Name of organization / entity

Babol university of medical sciences

Full name of responsible person

Fereshteh Behmanesh

Position

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Sharing plan

Deidentified Individual Participant Data Set (IPD)

empty

Study Protocol

empty

Statistical Analysis Plan

empty

Informed Consent Form

empty

Clinical Study Report

empty

Analytic Code

empty

Data Dictionary

empty