Management of Perineal Pain Protocol

Perineal pain

Perineal abscess
- Antibiotics
- Surgical drainage

Scar tissue and scar tenderness OR No obvious pathology

1. 5% Lidocaine hydrochloride ointment
2. Advise to commence sexual intercourse
3. Vaginal dilators
   Follow up in 3 months

If pain persists
Inject at the site of maximal tenderness
1. Bupivacaine 0.5% - 10ml
2. Hyaluronidase – 1500iu
3. Depomedrone – 40mg / 1ml
   Follow-up in 1 month

If pain continues or recurs
Repeat injection (as described above) after every 6 weeks

If perineal pain still persists
1. Consider referral for psychosexual counselling
2. Continue use of vaginal dilators
3. Perineoplasty