

# Effect of Abdominal Binders on Planned Cesarean Section

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## Synopsis

An abdominal binder is an elastic band with Velcro closure that is placed around the abdomen to provide abdominal support. The role of abdominal binders in the postoperative cesarean population has not been studied. Their impact in post-hernia repair populations has been studied with some statistical benefit identified, although often times, study patients reported subjective improvement without demonstration of statistical significance.

## Objective

The goal of this pilot study is to examine potential benefits of abdominal binders in postoperative cesarean patients with regards to pain, recovery, and subjective benefit.

## Methods

Between January and September 2017, 23 patients at Palmetto Health were enrolled for prospective analysis. Participants self-selected to utilize an abdominal binder preoperatively and on a daily basis postoperatively. Pain scores and impressions regarding abdominal binders and prior surgical experiences of these patients were assessed with an initial numeric rating scale (NRS) and a number of multiple choice questions. This data was analyzed for differences in pain and satisfaction relative to abdominal binder use.

## Results

Participants universally desired to utilize an abdominal binder. Preoperatively, 65.6% of participants felt that an abdominal binder would improve their postoperative experience. Postoperatively, 85.7%, 84.6%, and 78.6% of patients felt that it was improving their experience on postoperative days 1, 2, and 3 respectively. Average NRS pain scores were lower in those patients wearing an abdominal binder on postoperative days 2 and 3, although these results were not statistically significant.

## Conclusion

In our study, the majority of patients who utilized an abdominal binder subjectively felt it was beneficial, and the majority of those who did not utilize a binder believed a binder would have helped. Additionally, there was a trend towards decreased average pain scores in patients who utilized an abdominal binder. Our results suggest that there may be a difference in postoperative pain.