

**THE BENEFITS OF BETTER LEAF IN SPEEDING THE
HEALING OF PERINEUM WOUNDS
POSTPARTUM MOTHER**

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SUMMARY

Background: All deliveries are generally a type of vaginal delivery. The first and also subsequent deliveries are not uncommon for tearing of the perineum. Injury to the perineum caused during childbirth needs to be treated properly. The method is very simple and has been done by many people, namely by washing the wound with boiled betel leaf water as an external medicine in wound care. Knowing the effectiveness of green betel in accelerating the healing of perineal wounds and also easy to obtain. Perineum healing with betel leaf water can accelerate within 4-5 days. **Objective:** To increase knowledge to the general public about betel leaf to accelerate the healing of perineal wounds, especially for postpartum mothers who have perineal tears. **Method:** The resulting method is in the form of a pocket book and is promoted at the Community Health Service Center. **Result:** The output has a Pocket Book. **Conclusion:** An educational medium in the form of a pocket book has been created that shows betel leaf is useful for accelerating perineal wound healing.

Keywords: *Betel leaf, Perineal wound*