

## ESSENCE

### THE IMPLEMENTATION OF KEGEL GYMNASTICS TO SPEED UP THE HEALING OF PERINEAL WOUNDS IN POSTPARTUM MOTHERS

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**Background:** The postpartum period is a condition in which the reproductive organs, such as before pregnancy, will recover for 6 weeks or 42 days. During the postpartum period, some mothers are afraid to clean the perineal wound, this causes the perineal conditions affected by lokhea to become moist and bacteria easily multiply, causing infection in the perineum. One way to speed up the healing of perineal wounds is Kegel exercises. Usually 6-7 days perineal wound healing. **Purpose:** To create IEC media in disseminating information about Kegel exercises to accelerate the healing of perineal wounds in postpartum mothers that have been carried out by researchers. **Method:** The method used is using IEC media in the form of posters. **Results:** Kegel exercises were performed at least 6 hours postpartum to 7 days and were evaluated every day. After the Kegel exercises, the mother's perineal wound healing accelerated. **Conclusion:** The creation of IEC media in the form of posters in disseminating information about Kegel exercises to postpartum mothers with perineal wounds has been carried out by researchers.

**Keywords:** Kegel exercises, wound healing, postpartum mothers