LAVENDER AROMATHERAPY RELAXATION TECHNIQUES TO REDUCE PERINEAL PAIN IN POST PARTUM MOTHERS

Rista Ersivitasari Puteri, Endah Sri Wahyuni, Siti Fatmawati
rersivitasari@gmail.com
UNIVERSITAS AISYIYAH SURAKARTA

ESSENCE

Background: Post partum or what is commonly called to as puerperium in post partum mothers is very important period to know. Perineal pain is physiological in post partum mothers, however perineal pain is due to trauma such as perineum tear can induce discomfort. One of the non pharmacological therapy to reduce perineal pain in post partum is with lavender aromatherapy. Active substance such as linalool and linalyl acetate are contained in lavender has an analgetic effect. The use of posters as a means of health information is now beginning to be developed. Poster has the advantage of providing good visualization to facilitate the absorbing of health information. Purpose: Materialize the external result like poster with the theme of Lavender Aromatherapy Relaxation Techniques to Reduce Perineal Pain in Post Partum Mothers to share knowlege to post partum mothers and make it easier educate to society. External Description: Poster theme generated from Lavender Aromatherapy Relaxation Techniques to Reduce Perineal Pain in Post Partum Mothers which was created using Corel Draw x5 application software. The poster contains important information about lavender aromatherapy relaxation techniques and is made with attractive animated images. Conclusion: Lavender aromatherapy can be used to reduce perineal pain in post partum mothers and the poster of lavender aromatherapy relaxation techniques to reduce perineal pain in post partum mothers can be used as a medium of communication, information, and education.

Keywords: Post Partum, Perineal Pain, Lavender Aromatherapy