

THE USE OF BREASTMILK ON THE LENGTH OF TIME TO HEAL PERINEAL WOUNDS IN POSTPARTUM MOTHERS THROUGH POSTPARTUM POSTER MEDIA

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ESSENCE

Background ; Perineal injury is a common problem for postpartum mothers. Maternal mortality during the puerperium is usually caused by puerperal infection, this occurs due to lack of wound care. Breast milk can be used for the treatment of perineal wounds because it contains anti-inflammatory molecules and its bioactive molecules are useful for healing wounds, especially injury recovery. Treatment with breastmilk is done 2 times a day in the morning and evening. By applying it to the perineal wound area. Information about the duration of healing of perineal wounds using breast milk has many benefits and it is easier for postpartum mothers to socialize through the media. One of them is the poster media. **Aim ;** Posters can be used as a media guideline for health in the community, especially postpartum mothers who have wounds in the perineum to determine the duration of healing of perineal wounds. **Output Description;** The theme of this poster is the Use of Old Breast Milk for Perineal Wound Healing for perineal wound healing and was created using a Microsoft Word 2019 computer with a size of 80 x 60 cm. **Conclusion;** Breast milk can be used for the treatment of perineal wounds because it contains anti-inflammatory molecules and posters of the use of breast milk for healing times of perineal wounds in postpartum mothers can be used as education, communication, and information.

Keywords ; *Perineal Wounds, Breastmilk*

