

COMPRESS CABBAGE AS EFFORT DECREASE SWELLING BREAST MOTHER POST PARTUM

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SUMMARY

Back Ground; Swelling breast constitute response physiological on mother postpartum, mother experience discomfort and can be reason for weaning early. WHO estimates that more than 1.4 million people are diagnosed with mastitis. Whereas in Indonesia 0.001 / 100,000 the number of suffering due to infection is mystical. In Indonesia, postpartum mothers who experience breast engorgement by 5% and breast dams in postpartum mothers are caused by several factors, namely the age factor shows that 27.7%. If the breasts are not handled, it will cause a breast infection in the form of mastitis. Cabbage has a sulfur content which can reduce swelling and inflammation of the breast.

Method; By compress leaf cabbage which be delivered through form superficial poster this aims as media distribution information to community especially mother postpartum about compress leaf cabbage for decrease swelling breast. **Result;** The output of this final project form media poster “ Compress Leaf Cabbage As Effort Decrease Swelling Breast Mother Post Partum”. **Conclusion;** The media poster constitute wrong one media education health. Against enhancement knowledge science mother about compress left cabbage which can be used as therapy for lower swelling breast on mother postpartum.

Keywords: Swelling breast, compress leaf cabbage, mother postpartum.