

*VULVA HYGIENE WITH BREAKED WATER FROM BETEL LEAF
TO SPEED UP PERINEUM WOUND HEALING
ON MOM'S POST PARTUM WITH POCKET MEDIA*

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SUMMARY

Background; *The cause of the death of the Post Partum maternal is placental retention bleeding, perineum bleeding and infection. The highest battery in Central Java Province for 2019 occurred during the post partum period which was 64.18% with a case of 24.5% bleeding and 6.0% infection. Vulva Hygiene aims to prevent infection, accelerate wound healing and provide comfort. Vulva hygiene with betel leaf cooking water has been proven to be able to accelerate the healing of wounds in Research in Anggeriani and Rinda (2018) that do treatment with sirih leaf cooking water which is the average healing of minimum wounds of 4 days and a maximum of 7 days.* **Method;** *The importance of vulva hygiene information for post partum mothers suffering from perineal wounds is then circulated in the form of a pocket book that contains information on vulva hygiene with betel leaf boiled water.* **Result;** *The title of this pocket book educational media is “Khasiat Air Rebusan Daun Sirih Untuk Mempercepat Penyembuhan Luka Persalinan”. Vulva hygiene with betel leaf boiled water was found to accelerate the healing of perineal wounds compared to vulva hygiene without using betel leaf boiled water.* **Conclusion;** *A pocket book on vulva hygiene with betel leaf boiled water can be a source of information and health knowledge for the public, especially for post partum mothers who have perineal wounds.*

Keywords : *vulva, hygiene, wounds, leaf, betel*