

THE BENEFITS OF BOILED WATER FROM BINAHONG LEAVES ON THE PERINEAL WOUND HEALING PROCESS THROUGH BOOKLET MEDIA

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SUMMARY

Background: The need for a birth canal or tear of perineum occurs in labor which will be the entry point of commensal bacteria and become infectious. Binahong leaves contain flavonoid compounds, alkaloids, saponins and polyphenols, and antibacterial properties are one of the factors inhibiting wound healing. Treatment of perineum well by using a decoction of binahong leaves. Data from the Indonesian Health Demographic Survey (SDKI) shows Indonesia with cases of perineum rupture recorded experienced by 75% of mothers giving birth pervaginam, with the prevalence of perineum rupture, namely the age group 25-30 years, namely 24%, age 32-39 years, which is 62%. In 2018 alone in Central Java recorded 88.05 per 100,000. **Method:** The boiling water of binahong leaves using sterile gauze by compressed means and can also be used rinse water after urinating or defecating and done 2 times a day, is expected to heal perineal wounds quickly and naturally. **Results:** The resulting exterior is a booklet with the theme of healing perineal wounds with a decoction of binahong leaves containing information about perineal wounds and the manufacture of binahong leaf decoction with an interesting and informative design. **Conclusion:** This booklet can benefit and add information to postpartum mothers who experience perineal wound treatment, and can be done independently.

Keywords: Binahong Leaves, Perineum Wounds, Booklet.