

FINGER GRIP RELAXTION TO REDUCE POST SURGERY PAIN THROUGH BOOKLET MEDIA

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ESSENCE

Background: Pain is a discomfort feeling caused by tissue damage. Post-surgery pain occurs due to surgical wounds so that the body produces a pain response. Post-surgery pain will increase and can affect the healing process. Pain control is important after surgery, efforts that can be made to reduce pain is finger-grip relaxation techniques. **Method:** One of the methods used to reduce sore is finger-grip relaxation techniques, this technique is effective because it is able to relieve mental and physical tension and stress which in turn can reduce pain levels. **Result:** The outcome achieved was booklet entitled "Finger Grip Relaxation to Reduce Post- Surgery Pain" which contains information on steps to reduce pain with finger grip relaxation techniques. **Conclusion:** Finger grip relaxation is effective for reducing post-surgery pain and this outcome produced can be a source of information and help the community, especially post-surgery patients, to reduce sore by relaxing finger grips.

Keywords: pain, surgery, relaxation, handheld, fingers.