

**EDUCATION THE EARLY MOBILIZATION APPLICATION IN POST
SC MOTHER TO ACCELERATE RECOVERY
WITH BOOKLET MEDIA**

Utarina Indah Wulandari, Hermawati

Utarinaindah0@gmail.com

Universitas 'Aisyiyah Surakarta

The background of SC is the birth process with a surgery to hve givingbirth from uterus by abdominal wall and uterus inisiation. Post SC is recover time after givingbirth process from uterus by abdominal wall and uterus inisiation. post SC mother tend to restrict the movement since they worry what if there is a tear of SC wound. Early mobilization is a movement that is carried out as early as possible to train body parts to help the wound recovery process because wounds require good blood circulation for growth and repair of damaged cells. The purpose of increasing public knowledge, especially for post-partum SC mothers, in conducting early mobilization to speed up the recovery process using booklet media. The methods used are booklet media as a solution in increasing knowledge of post SC mothers to accelerate wound healing. The conclusion of the booklet method can be used to increase knowledge of post-SC mothers in the recovery process by doing early mobilization.

Key word: mothers, SC, early mobilization,booklet.