

The application of breast massage for breast milk congestion in postpartum mothers in Potronayan Village, Boyolali Regency

Indah Fitri Lestari¹, Annisa Andriyani²
Indahfitri7888@gmail.com
Program Studi Diploma III Keperawatan
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: *Post partum starts from the day of birth up to 6 weeks after birth during this time the mother is obliged to provide breast milk to the baby. The problem of failure to give exclusive breast milk to babies that needs attention is because the mother has breast milk so that the milk does not flow smoothly. Efforts that can be made to lower the breast milk dam and increase the smoothness of breast milk can be done with breast care such as breast massage.* **Objective:** *To find out the results of applying breast massage to post party mothers with breast milk dams in Potronayan Village, Boyolali Regency.* **Method:** *This type of research is descriptive in the form of a case study.* **Method:** *This type of research is descriptive in the form of a case study.* **Result:** *Breast milk dam before doing breast massage in Mrs. I and Ms. Y was found to have ASI without milk coming out. Dam breast milk after doing breast massage on Ms. I and Ms. Y has decreased against the smooth expulsion of breast milk.* **Conclusion:** *There was a change in breast milk before and after breast massage was performed on both postum mother respondents.*

Keywords: Post Partum, breast milk, Massage.