

**APPLICATION OF CABBAGE LEAF COMPRESSES TO REDUCE
PAIN IN POST PARTUM MOTHERS WITH SWELLING
BREASTS IN SALAM VILLAGE SUB-DISTRICT
KARANGPANDAN**

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ABSTRAC

Background; Breast swelling pain is a result of a milk dam because breast milk is not released perfectly. Breast swelling pain can occur on the third day after delivery. Swollen breasts will feel hot, painful, and painful on the touch. One way of non-pharmacological treatment is cold compresses, namely the application of cabbage leaf compresses to reduce breast swelling pain. **Purpose;** Know the development of decreased breast pain in postpartum mothers with breast swelling before and after applying cabbage leaf compresses to 2 (two) respondents. **Method;** This research is a case study research using a descriptive method, namely by observing and interviewing 2 respondents of postpartum mothers, before and after the intervention of cabbage leaf compresses col. **Result;** The value of the pain scale before and after the application of cabbage leaf compresses, in Mrs. S there was a decrease in the pain scale from moderate pain to mild pain, and in Mrs. T there was a decrease in the pain scale from moderate pain to mild pain. **Conclusion;** This showed that cabbage leaf compresses could reduce breast swelling pain in both respondents.

Keywords : Breast swelling pain, post partum , cabbage leaf compresses.