

***Application of Warm Compress Therapy with Lavender Essential Oil
Aromatherapy in Reducing Pain Scale
Mrs. Post Sectio Caesarea in the Ponok***

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ABSTRACT

Background; *Sectio caesareans a surgical procedure used to expel a fetus during labor difficulties. The problem that arises after the SC procedure is pain. The pain felt by post-SC mothers will have unpleasant effects such as disturbing the feeling of comfort when sitting, standing, walking, and moving. Pain management can be done non-pharmacologically, namely with warm compresses with lavender essential oil aromatherapy. Objective;* *Knowing the results of implementing warm compress therapy with lavender essential oil aromatherapy in reducing the pain scale of post-sectio caesarea mothers. Method;* *The application was carried out using a descriptive method in the form of a case study of 2 post-sectio caesarea respondents in the form of a pre-test – post-test. The application was carried out on post-sectio caesarea mothers on day 1 after 6 hours of being given analgesics. Warm compresses with lavender essential oil aromatherapy are given 1x2 days for 20 minutes in one application. Results;* *Based on the results of the implementation that has been done, there is a decrease in the pain scale for post-sectio caesarea mothers. Conclusion;* *Warm compresses with lavender essential oil aromatherapy be used as a non-pharmacological technique or independent intervention in mother post sectio caesarea.*

Keywords: *Aromatherapy, Essential Oil, Warm Compress, Pain, Sectio Caesarea*