

**APPLICATION OF CABBAGE LEAF COMPRESS TO BREAST SWELLING  
IN POST PARTUM MOTHERS IN KARANGDOWO SUB-DISTRICT**

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**ABSTRACT**

**Background:** Breast swelling in post partum mothers if not immediately resolved will cause mastitis and breast abscess. There are 32.6% of infants in Jawa Tengah who have not met exclusive breastfeeding with the main factor due to breast swelling. One of the non-pharmacological therapies used is cabbage leaf compress.

**Objective:** This study describes the comparison of the development of breast swelling scale before and after the application of cabbage leaf compress. **Method:** This research uses a case study of 2 respondents carried out for 3 consecutive days in the morning and evening with a duration of 15-20 minutes. **Results:** the application of cabbage leaf compresses on both respondents obtained comparative results, namely in Mrs. A breast swelling scale 1 and in Mrs. T scale 2. **Conclusion:** The results of the study can be concluded that there is an effect of cabbage leaf compresses on the scale of breast swelling in both respondents.

**Keywords:** breast swelling, cabbage leaf compresses, post patum