

**EDUCATIONAL MEDIA POCKET BOOK ABOUT ADMINISTRATION
OF VIRGIN COCONUT OIL (VCO) FOR HEALING PERINEAL
WOUNDS IN PUBTER WOMEN USING A POCKET BOOK**

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SUMMARY

Background: *In Indonesia, perineal lacerations are experienced by 75% of mothers giving birth vaginally. If the wound healing process is not handled properly, it can cause incomplete healing of the ruptured wound. One of the treatments for perineal wounds uses Virgin Coconut Oil (VCO) which has various benefits in minimizing pain, as an antiseptic, anti-infection and providing a feeling of comfort. The main content of this VCO is 92% consisting of saturated fatty acids, including lauric acid (48.74%), caprylic acid (10.91%), oleic acid (4.27%), linoleic acid (1.44%).* **Methods:** *Using the external description of a pocket book with a theme entitled "Administration of Virgin Coconut Oil (VCO) for Healing Perineal Wounds in Postpartum Mothers" created using the Canva software application.* **Result:** *Pocket book entitled "Giving Virgin Coconut Oil (VCO) for Healing Perineal Wounds in Postpartum Mothers".* **Conclusion:** *Pocket book media has been created as an educational tool to provide knowledge to the public about efforts to heal wounds with VCO.* **Suggestion:** *It is hoped that postpartum mothers with perineal wounds can understand and comprehend the benefits of VCO to assist in healing perineal wounds.*

Keywords : *postpartum mothers, perineal wounds, Virgin Coconut Oil (VCO).*