

# EDUCATIONAL BOOKLET MEDIA ON GIVING EGG WHITES TO ACCELERATE POST SC WOUND HEALING

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## SUMMARY

**Background** : Childbirth is a condition when a woman gives birth to a fetus which begins with contractions of the uterus for 12-14 hours until the baby comes out of the uterus and the placenta and amniotic fluid are released (Kurniarum, 2019). Sectio Caesarea (SC) is a surgical procedure to remove the fetus by opening the abdominal wall and uterine wall (Susanto et al, 2019). A person who has a stitched wound really needs adequate protein intake because stitched wounds need protein so that the body makes new tissue so that the stitched wound will dry quickly and heal (Feriyanto, 2014). The wound healing process will be influenced by good nutritional intake, especially providing nutrition taking into account the high levels of protein needed in the wound healing process (Almatsier, 2017). The protein needed for the wound healing process does not have to come from expensive foods such as meat and fish (Dharmayanti, 2019). Many people do not know that eggs are a food that can speed up the wound healing process (Abdurahman, 2021). Protein in our body functions to repair damaged cells, including surgical wounds. Boiled eggs, especially the egg whites, contain lots of protein which can help heal surgical wounds (Dian, 2023). In reality, most patients still have concerns that eating foods containing protein such as eggs, fish, meat after a caesarean section will affect the wound and cause the stitched wound to become itchy and the wound will take a long time to heal. Good nutrition is essential to achieve successful wound healing. **Objective** : This communication, information and education aims to provide knowledge to postpartum mothers that giving egg whites can help speed up post-SC wound healing. **Method** : The method used in Communication, Information and Education is Booklet. **Results** : Output in the form of a booklet about Giving Egg Whites to Accelerate Healing of Post-Sc Wounds. **Conclusion** : From the respondent's research, it can be concluded that the contents of this booklet really help respondents in understanding the acceleration of post-Sc wound healing. Respondents assessed that this booklet was presented quite well and simply. **Suggestion** : It is hoped that it can provide a source of knowledge to the general public regarding the importance of consuming protein to speed up healing of post-Sc wounds.

**Keywords** : Egg White, Post SC Wound Healing, Booklet Media