

**IMPLEMENTATION OF BREAST CARE TO INCREASE MILK PRODUCTION  
IN MOTHERS POST CAESAREA SECTIO**

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**ABSTRACT**

**Background:** Delivery by caesarean section can be interpreted as a surgical procedure on the abdomen and uterus to help expel the baby. From the recap data for the last month in Teratai Room 1 Kartini Karanganyar District Hospital, it was found that approximately 137 mothers gave birth via Sectio Caesarea (SC). One of the complications of SC procedures is that the mother experiences breast milk dams. Nursing interventions that can be given to reduce ineffective breastfeeding problems include implementing Breast Care to help increase breast milk production. **Objective:** To find out the results of the implementation of Breast Care to increase breast milk production in post caesarean section mothers at Kartini Karanganyar Regional Hospital. **Methods:** The research used was research using a case study method carried out on two respondents post caesarean section mothers by assessing, collecting data, and providing nursing care for 3 days with a time of 15 minutes. **Results:** the results of observing the smoothness of breast milk in patients with post-caesarean mothers after breast care was carried out on days 1 to 3 where both patients were in smooth breastfeeding, namely observing the smoothness of breast milk production in babies with a score of 5 and observing the smoothness of breast milk production in mother with a score of 8-9. **Conclusion:** There is an increase in breast milk production in mothers post caesarean section.

**Keywords :** breast care, post sectio caesarea, sectio caesarea