

EDUCATION ON GIVING COLD CABBAGE COMPRESSES FOR BREAST MILK DAMAGE TO PUBLIC MOTHERS EXPERIENCED PAIN THROUGH BOOKLET MEDIA

Shintia Erviana¹, Rina Sri Widayati²
shintiaerviana.students@aiskauniversity.ac.id
Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Breastfeeding is a natural event for a woman that is beneficial for both mother and baby. Breastfeeding problems that can arise during the early postpartum period (postpartum or lactation period) are breast engorgement or also known as breast milk freezing. This causes a buildup of milky air and pain accompanied by an increase in body temperature. Therefore, cabbage is very suitable for reducing pain because the acid contains the amino methionine which functions as an antibiotic and other ingredients such as sinigrin (Allylisoithiocyanate), mustard oil, magnesium, sulfur oxylate heterosides, etc. This can help widen the capillaries thereby increasing blood flow in and out of the area, thus allowing the body to reabsorb fluids that are blocked in the breasts. Apart from that, cabbage leaves also release a cool gel which can absorb heat which is indicated by the client feeling more comfortable and the cabbage leaves become mature after 30 minutes of attachment. **Method:** The method used in communication, information, and education is a booklet. **Results:** The output is in the form of a booklet about the effect of cold cabbage compresses on reducing breast milk dam pain. **Conclusion:** Booklet media has been created to educate the public, especially postpartum mothers and can be used as an alternative to reduce breast milk dam pain.

Keywords: postpartum mothers, breast milk dam pain, cold cabbage