

GUIDE TO KEGEL EXERCISES FOR RECOVERY OF PERINEAL WOUNDS IN POSTPARTUM WOMEN WITH VIDEO EDUCATION MEDIA

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SUMMARY

Background: *The postpartum period is a period of recovery of the reproductive organs, a period that begins after the placenta is expelled and ends when the uterine organs return to their original state before pregnancy and lasts for approximately 6 weeks. During childbirth, the mother usually experiences perineal tearing or rupture. Perineal rupture is a tear that occurs in the perineum during childbirth. Appropriate treatment immediately after delivery is suturing the ruptured perineum to stop the bleeding that occurs. Efforts to speed up the healing process of perineal wounds can be done by treating perineal wounds such as consuming foods that are nutritious and high in protein, early mobilization such as doing Kegel exercises. Kegel exercises have the benefit of helping postpartum healing by alternately contracting and releasing the pelvic floor muscles, namely by making the stitches tighter, speeding up healing, relieving hemorrhoids, and improving urine control.* **Method:** *Using a video output description entitled "Guide to Kegel Exercises for Healing Perineal Wounds in Postpartum Women Using Video Education Media" created using the Canva application software.* **Results:** *Video entitled "Guide to Kegel Exercises for Healing Perineal Wounds in Postpartum Women Using Video Education Media".* **Conclusion:** *Can provide a source of knowledge to the general public and postpartum mothers in particular about efforts to do Kegel exercises after giving birth.*

Keywords: Kegel Exercises, Perineal Wounds, Postpartum