

# APPLICATION OF OKETANI MASSAGE TO HANDLING BREAST MILK CONSTRUCTION IN POSTPARTUM MOTHERS USING BOOKLET MEDIA

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## SUMMARY

**Background:** Breast milk or breast milk is an emulsion of fat in a solution of protein, lactose and inorganic salts secreted by the mother's mammary glands after giving birth as baby food. Breast milk is the main natural food for babies in providing babies with all the vitamins, minerals and nutrients needed for growth and development during the first six months. However, failure in the breastfeeding process often occurs due to several problems that arise in postpartum mothers, including lack of flow of milk which occurs in cases of breast milk dams. Damage in breast milk (Breast Engangement) is caused by increased venous flow of lymph in the breast which causes fever, redness, swelling and hardening. One treatment that can be done to correct the problem and speed up breast milk production is an oketani massage. Oketani massage can stimulate the strength of the pectoralis muscle to increase breast milk production and help the consistency of the breasts become elastic and reduce the incidence of breast milk dams in breastfeeding mothers. Oketani massage is a breast care method that can stimulate the strength of the pectoralis muscle to increase breast milk production, improve the shape of flat nipples and inverted nipples as well as preventing breast milk dams. Therefore, the author is interested in applying the Oketani massage method to overcome the problems of postpartum mothers which will have an impact on breast milk dams. **Method:** The KIE output method is in the form of a media booklet "Preventing Breast Milk Dams with Oketani Massage" about the application of Oketani massage to treat breast milk dams in postpartum mothers with the aim of providing information and education so they can breastfeed. **Results:** The results of the booklet trial entitled "Preventing Breast Milk Dams with Oketani Massage" are useful in providing a source of knowledge and information to postpartum mothers regarding the benefits of Oketani massage to prevent breast milk dams. **Conclusion:** The booklet entitled "Preventing Breast Milk Dams with Oketani Massage" can increase knowledge and is useful as an educational medium.

**Keywords:** ASI dam, oketani massage, ASI.