

BENEFITS OF ALOE VERA COMPRESSES TO REDUCE BREAST SWELLING PAIN IN POST PARTUM MOTHERS

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SUMMARY

Background: Breast engorgement is an unpleasant physiological condition characterized by swelling and pain in the breasts which occurs due to increased breast milk volume, delayed breastfeeding, poor attachment when breastfeeding, less frequent breastfeeding and limiting breastfeeding. One way to reduce the pain of breast swelling is with an aloe vera compress which has medicinal properties. Aloe vera contains aloin as painkillers, anthraquinones which contain aloin and relieve analgesics, very large water content and saponins as antipyretics to reduce fever and salicylates to reduce inflammation. **Objective:** KIE's media creation aims to increase post partum mothers' knowledge about breast swelling pain and how to treat it non pharmacologically using aloe vera gel. **Method:** Uses pocket book media to provide an Information Communication and Education (KIE) approach created using the canva application. **Results:** In the trials carried out, it showed that this pocket book was very useful for increasing mothers' knowledge about the benefits of aloe vera compresses to reduce pain from breast swelling. **Conclusion:** The use of this pocket book media is designed to be useful as an educational medium and a source of knowledge for post partum mothers about the benefits of aloe vera compresses to reduce breast swelling pain.

Keywords: Post Partum Mothers, Aloe Vera Compress, Breast Swelling