

**THE APPLICATION OF BOILED EGG CONSUMPTION  
IN ENHANCING PERINEAL WOUND HEALING  
IN POSTPARTUM MOTHERS**

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**ABSTRACT**

**Background:** Perineal wounds are injuries that occur in postpartum women, especially after vaginal delivery. Slow wound healing can increase the risk of infection and physical and psychological discomfort. Boiled eggs as a source of protein can help the healing process of perineal wounds. **Objective:** To describe the results of applying boiled egg consumption on perineal wound healing in postpartum women. **Methods:** This study used a case study method on two postpartum women, with the application of consuming boiled eggs twice daily (two eggs in the morning and two eggs in the afternoon) for seven days. Wound healing was measured using the REEDA scale instrument. **Results:** Initial findings showed that both participants had high REEDA scores, with Mrs. D scoring 9 and Mrs. A scoring 8, indicating poor wound healing. After consuming boiled eggs for seven days, the REEDA scores for both participants decreased to 0, indicating good wound healing. **Conclusion:** There was a difference in perineal wounds before and after the administration of boiled eggs.

**Keywords:** Boiled eggs, perineal wounds, postpartum