

***THE USE OF COLD COMPRESSES TO REDUCE
THE INTENSITY OF PERINEAL PAIN
IN POST-PARTUM MOTHERS***

Ika Widya Ning Tias¹, Hermawati²

Ikawidyaaa19@gmail.com

Diploma III Nursing Program

Universitas 'Aisyiyah Surakarta

ABSTRACT

Background: Childbirth often leads to perineal wound pain due to episiotomy or lacerations. The intensity of this pain varies, impacting comfort, mobility, and breastfeeding, thereby slowing maternal recovery. Globally, there are approximately 2.7 million cases of this type of pain. Cold compression has been researched and shows potential in pain relief through vasoconstriction, swelling reduction, and decreased nerve conduction. **Objective:** This study aimed to compare the intensity of perineal wound pain before and after cold compression in two postpartum mothers. **Method:** This descriptive case study involved two postpartum mothers with perineal wounds at RSUD Kabupaten Karanganyar. They received cold compresses at 15°C using an ice bag for 10 minutes, twice a day for three days. Pain was measured using the Numeric Rating Scale (NRS) before and after the intervention. **Results:** Both respondents experienced a decrease in their pain scale. The first respondent's pain decreased from severe to mild, while the second respondent's pain decreased from moderate to mild. **Conclusion:** The application of cold compression is effective in reducing perineal wound pain in postpartum mothers. This makes it an easy, inexpensive, and safe non-pharmacological alternative in nursing practice.

Keywords: Cold, Compress, Perineal Wound, Postpartum