

**THE IMPLEMENTATION OF BREAST CARE TO ENHANCE BREAST MILK PRODUCTION OF POST-CAESAREAN SECTION MOTHERS IN BOUGENVILE ROOM AT THE Ir. SOEKARNO HOSPITAL SUKOHARJO DISTRICT**

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**ABSTRACT**

**Background;** *Cesarean section is a surgical procedure involving incisions in the abdomen and uterus to deliver a baby. Breastfeeding obstacles that occur in post sectio caesarea mothers are caused by surgical pain that affects the mother's comfort and can inhibit the pituitary grandula nerves that produce the hormone oxytocin which plays a role in the breastfeeding process. Breast care refers to interventions aimed at facilitating breast milk production. These interventions can be beneficial both prenatally and postnatally.* **Objective;** *This study aims to describe the impact of breast care on breast milk flow in mothers who have undergone cesarean section at Ir. Soekarno Hospital, Sukoharjo District.* **Method;** *A descriptive case study approach was employed, involving two respondents. Pre-test and post-test assessments were conducted using an observation sheet to evaluate breast milk flow based on 10 specific indicators.* **Results;** *Prior to breast care interventions, both respondents exhibited suboptimal breast milk flow. Following the interventions, both respondents demonstrated significant improvements, achieving optimal breast milk flow.* **Conclusion;** *The findings indicate a notable enhancement in breast milk flow among the respondents after receiving breast care, suggesting the efficacy of such interventions in supporting lactation.*

**Keywords:** *Cesarean Section, Breast Milk, Breast Care*