

BREAST CARE TO PREVENT ENGORGEMENT IN POSTPARTUM MOTHERS IN AMPEL I HEALTH CENTER BOYOLALI

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ABSTRACT

Background ; The coverage of exclusively breast feeding mothers at Boyolali Ampel I Health Center has not yet reached the target set by the Boyolali District Health Office. This is due to problems in breast feeding, one of which is engorgement or breast swelling. The impact that occurs if the problem is not immediately handle can cause inflammation in the breast or mastitis. One of the prevention of breast swelling is breast care. **Aim ;** Describe the results of breast care actions to prevent engorgement in post partum mothers. **Method ;** Case study researche uses descriptive. The respondents were two respondents during the puerperium mother's first normal day. Place of research at Ampel I Boyolali Health Center in March-April 2019, while data collection was carried out by observation. **Results ;** The results of the case studies obtained were that before breast care carried out both respondents did not experience breast swelling and after breast care for three days, on the fourth day both respondents did not experience breast swelling. The breast are clean, the nipples are strong and flexible and the post partum mother feels comfortable while breast feeding. **Conclusion ;** After second breast care, the respondents did not experience swelling breast.

Keyword : *Lactation Proucess, Engorgement, Breast Care*