

**APPLICATIONS OF CRYOTHERAPY TO EPISIOTOMY WOUND PAIN IN POST PARTUM PATIENS AT BPM WINARSI PRACIMANTORO WONOGIRI**

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**ABSTRACT**

**Background:** Postpartum or the postpartum period is started at 2 hours after the placenta's born and ends when the uterine utensils return as before pregnancy for 6 weeks (42 days). After labor, mother will feel a sensation of pain in the perineal area, this is because normal labor is usually associated with a perineum torn or cut by surgesy (episiotomy). Efforts to reduce episiotomy wound pain can use non-pharmacological methods, one of which is chyotherapy which has a physiological, that is vasoconstriction in blood vessels, reducing pain, and decreasing nerve endings in the muscler. **Objective:** the study aimed to determine the scale of episiotomy wound pain before and after the application of cryotherapy to postpartum patients. **Method:** the recearch design with descriptive research design that aim to describe the variables of the research result, with two respondents. **Results:** there was a decrease in the scale of pain after cryotherapy was applied, from the scale of moderate pain to a mild pain scale. **Conclusion:** there was a decrease in the scale of pain before and after the appication of chyotherapy. **Suggestion:** postparum patients can apply cryotherapy.

**Keywords:** post partum during puerperium, episiotomy wound pain, application of cryotherapy.