

# EDUCATION OF THE PROVISION OF ALOE COMPRESS TO REDUCE THE PAIN OF BREAST SWELLING IN BREAST-FEEDING MOTHERS WITH THE MEDIA *BOOKLET*

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## **SUMMARY**

**Background:** According to data obtained from the 2018 North Sumatra Province Statistical Data, there are 5,514 postpartum mothers in South Nias and there are 128 reported breast swelling problems. Breast engorgement occurs because the breast milk is not sucked in by the baby adequately, so that the remaining milk collects in the ductal system which results in swelling and damming of breast milk. Patients with breast engorgement or breast milk dams that cause persistent symptoms can worsen the condition of sufferers of breast engorgement or breast milk dams. For that we need the right way to reduce the pain felt. **Methods:** Information about giving aloe vera compresses to reduce breast swelling pain was disseminated through the media, one of which was a booklet. This method is effectively used because there are already research journals that prove the effectiveness of giving aloe vera compresses to reduce breast swelling pain or breast milk dams. **Result:** Booklet media is a mass communication medium that aims to convey messages that are promotional, suggestions, prohibitions to the mass audience, and are in print form. **Conclusion:** Media booklet giving aloe vera compress is expected to reduce pain in patients with breast engorgement or breast milk dams and the public is expected to be motivated to apply it if they experience the conditions described above.

**Keywords:** breast engorgement, aloe vera compress technique, booklet

