

**APPLICATION OF SITZ BATH THERAPY WITH AROMATHERAPY
GERANIUM OIL PAIN PERINEAL LACERATION WOUND
POSTPARTUM MOTHERS**

Silvia Rahmawati, Norman Wijaya Gati

DIII Nursing Study Program, 'Aisyiyah University Surakarta

Email : silvia.rahma1008@gmail.com

ABSTRACT

Background: Based on World Health Organization (WHO) data in 2020, there were 2.7 million cases of postpartum maternal perineal injuries in the world. In Indonesia, the prevalence of mothers experiencing pain in perineal wounds is 75% vaginal delivery. Perineal injury is the disconnection of the continuity of the perineal tissue due to the delivery process occurring intentionally (episiotomy) or involuntarily. Non-pharmacological therapy that can be done, namely sitz bath therapy with aromatherapy of geranium oil, can reduce the pain of perineal wounds. **Objective:** To determine the results before and after the application of sitz bath therapy with geranium oil aromatherapy in postpartum mothers. **Methods:** This study used a descriptive design with a case study. The sample was 2 postpartum mothers who experienced pain in perineal wounds. It was carried out twice a week for 20 minutes with a temperature of 43 °C. **Results:** Before the application of the two respondents in the category of controlled severe pain scale, after being given the application, Mrs. N became a mild pain scale and Mrs. W became a moderate pain scale. **Conclusion:** The application of sitz bath therapy with geranium oil aromatherapy can reduce perineal wound pain in postpartum mothers.

Keywords: Geranium oil, Perineal Wound Pain, Post Partum, Sitz Bath