

EARLY MOBILIZATION FOR HEALING OF PERINEAL WOUNDS IN PUBTER WOMEN

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SUMMARY

Background: Infection of the perineal wound is one of the causes of complications in the postpartum period and even death. Prolongation of the healing phase of wound infection can occur due to the release of the sutures in the perineal wound. Perineal wounds are globally described as having a prevalence of 85% of all deliveries. Early mobilization is very important in accelerating wound healing and reducing the risk of prolonged bed rest. Early mobilization practices help speed physical recovery, prevent complications and allow mothers to return to activities gradually. **Method:** Using a video output description with a theme entitled "Early Mobilization for Healing Perineal Wounds in Postpartum Women Using Video" created using the Canva software application. **Result:** Video entitled "Early Mobilization for Healing Perineal Wounds in Postpartum Women". **Conclusion:** Video media has been created as an educational tool to provide a source of knowledge to the public regarding efforts to carry out early mobilization after giving birth. **Suggestion:** It is hoped that mothers giving birth with perineal wounds can understand and comprehend the importance of early mobilization to help speed up the healing of perineal wounds

Keywords: early mobilization, perineal wounds, postpartum