

## **GIVING SNAKEHEAD FISH FOR HEALING WOUNDS PERINEUM IN POSTPARTUM MOTHERS**

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### **SUMMARY**

**Background** : Puerperium is the period after the birth of the placenta until the reproductive system returns to its original state (before pregnancy) in about 40 days. At the time of childbirth, the mother often experiences a rupture of the birth pathway. The most important need in the process of healing perineal wounds in postpartum mothers several methods, one of which is good nutrition for the immune system and wound healing, namely by consuming foods high in protein, one of which is by consuming snakehead fish, where snakehead fish is efficacious in speeding up wound healing and has been scientifically proven to increase albumin levels and the body's endurance and speed up wound healing process. Snakehead fish meat contains 70% protein and 21% albumin. Snakehead fish meat also contains complete amino acid as well the micronutrients zinc, selenium, iron, allicin, allyl sulfide and firostanoglycosides. **Method** : using the output description of a pocket book entitled "Giving snakehead fish for healing wounds perineum in postpartum mothers" was made using the Canva application. **Result** : Pocket book entitled "Giving snakehead fish for healing wounds perineum in postpartum mothers". **Conclusion** : The creation of this pocket book media has been created which can be used as a media to increase knowledge about using snakehead fish for healing wound perineum on postpartum. **Suggestion** : It is hoped this pocket book can be used to increase postpartum mother's knowledge about the healing wound perineum.

**Keywords** : Postpartum mother's, Snakehead fish, Healing wound perineum