

**VULVA HYGIENE EDUCATION WITH RED BETEL LEAF AS A
HEALING FOR PERINEAL WOUNDS DURING THE POST-
POSTAGE PERIOD THROUGH BOOKLET MEDIA**

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SUMMARY

Background; Birth canal tears are experienced by approximately 83% of mothers with spontaneous labor, 45% episiotomy and 38% spontaneous tears. The prevalence of perineal rupture in laboring women is 24% aged 25-32 years and 62% aged 32-40 years. If left untreated, it will cause an impact in the form of infection with a prevalence of 2.8%-18%, even reaching 20%. This can be prevented by non-pharmacological management in the form of perineal wound care with red betel vulva hygiene. In increasing knowledge can use media, one of which uses booklets. **Objective;** Provide information, increase knowledge of postpartum women about perineal wound care with red betel vulva hygiene. **Method;** Making booklets using the Canva Pro application with attractive design and content then tested on 3 respondents. **Results;** Media booklets that have been tested with the results of booklets that are clear, interesting and easy to understand will then be submitted for IPR. **Conclusion;** This booklet media can be used as educational and informational media to increase the understanding and knowledge of postpartum women regarding vulva hygiene using red betel nut

Keywords: Booklet, Perineal Wound, Postpartum, Red Betel, Vulva Hygiene