

**GIVING LEAF CABBAGE COMPRESS TO REDUCE BREAST
ENGORGEMENT IN POSTPARTUM MOTHER
(At Hospital Asy-Syifa Boyolali)**

Lilik Handayani (2019)
Program Studi Diploma III Kebidanan
Sekolah Tinggi Ilmu Kesehatan ‘Aisyiyah Surakarta
Istiqomah Risa Wahyuningsih, Sri Kustiyati

ABSTRAK

***Background** breast swelling in postpartum mothers is one of the problems in the puerperium that is often found in Indonesia. One way to reduce breast swelling in postpartum mothers is to use cabbage leaves. This is effective because of the amino acid content mentioned, sinigrin, mustard oil, magnesium oxalate heterosid, sulfur contained in cabbage leaves one way to overcome breast swelling in postpartum mothers by using cabbage leaf compresses. **Objectives:** describe the results of implementation of giving cabbage leaf compresses to overcome breast swelling in postpartum mothers. **Method:** this research design in the form of a descriptive of describe the giving of cabbage leaf compresses to overcome breast swelling in postpartum mothers by using 2 respondents given the same treatment. **Result:** the results of the case studies obtained were that before getting treatment experienced levels of breast swelling at levels 3 and 4 after getting the cabbage leaf compress treatment decreased levels 1 and 2. **Conclusion:** after the preparation of cabbage leaf compresses to overcome breast swelling in both respondents decreased 1 levels. **Keywords:** childbirth mother, breast swelling, cabbage leaf compress.*