

ABSTRACT

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*IMPLEMENTATION OF OXYTOCIN MASSAGE USING LAVENDER
ESSENTIAL OIL TO LAUNCH BREAST MILK PRODUCTION OF
POSTPARTUM PRIMIGRAVIDA MOTHER IN PAMEDAN TIMUR SURAKARTA
VILLAGE*

ABSTRACT

Background: Breast Milk (ASI) is the best and most ideal food for babies. In Indonesia, public awareness to give exclusive breastfeeding to the baby is very less. One reason is because the milk is not fluent due to the lack of production of the hormone oxytocin. Therefore, the application of oxytocin massage using lavender essential oil that serves to smooth milk production also provides comfort. **Goal:** To describe the results of the implementation of oxytocin massage using lavender essential oil in primigravida postpartum mother. **Method:** Type of research use case study with design of deskriptif conducted for 3 days in a row. **Results:** Infants got breast milk 8-10 times daily, yellow defecate, urination 8 times a day, babies suckle strong and more calm. **Conclusion:** There is a smooth effect of milk production before and as soon as the oxytocin massage is done using lavender essential oil. **Suggestion:** Every health worker especially nurse and midwife should apply oxytocin massage using lavender essential oil to launch milk production.

Keywords: oxytocin, lavender, milk production