APPLICATIONS OF CRYOTHERAPY TO EPISIOTOMY WOUND PAIN IN POST PARTUM PATIENS AT BPM WINARSI PRACIMANTORO WONOGIRI

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ABSTRACT

Background: Postpartum or the postpartum period is started at 2 hours after the placenta’s born and ends when the uterine utensils return as before pregnancy for 6 weeks (42 days). After labor, mother will feel a sensation of pain in the perineal area, this is because normal labor is usually associated with a perineum torn or cut by surgery (episiotomy). Efforts to reduce episiotomy wound pain can use non-pharmacological methods, one of which is cryotherapy which has a physiological, that is vasoconstriction in blood vessels, reducing pain, and decreasing nerve endings in the muscler. Objective: the study aimed to determine the scale of episiotomy wound pain before and after the application of cryotherapy to postpartum patients. Method: the research design with descriptive research design that aim to describe the variables of the research result, with two respondents. Results: there was a decrease in the scale of pain after cryotherapy was applied, from the scale of moderate pain to a mild pain scale. Conclusion: there was a decrease in the scale of pain before and after the application of cryotherapy. Suggestion: postparum patients can apply cryotherapy.

Keywords: post partum during puerperium, episiotomy wound pain, application of cryotherapy.