



Efforts for Treatment of Caesaria Section Scars in Postpartum Mother

Ponco Indah Arista Sari

Universitas Muhammadiyah Lamongan

Corresponding Author: Ponco Indah Arista Sari poncoindah@umla.ac.id

ARTICLE INFO

Keywords: Treatment, Caesaria, Scar, Postpartum

Received : 3 February

Revised : 18 March

Accepted: 20 April

©2024 Sari: This is an open-access article distributed under the terms of the [Creative Commons Atribusi 4.0 Internasional](https://creativecommons.org/licenses/by/4.0/).



ABSTRACT

Cesarean section is usually performed in an emergency or is a choice without any indication of saving the lives of the mother and baby. According to some people, this surgical method has a long healing period compared to normal delivery. The wounds caused also have a different healing period compared to healing perineal tears that have been stitched. The research aims to describe the various efforts made by postpartum mothers to deal with wounds after undergoing a cesarean section. The research method uses a qualitative approach with interview and observation methods. Postpartum mothers were selected as participants using purposive sampling techniques. The data collection technique was carried out through interviews and observations of 10 post-partum mothers and post-partum mothers. The interview questionnaire has set question points based on several references and literature reviews. The results of this research show that postpartum mothers have several efforts to treat SC scars. The need for assistance from health workers for postpartum mothers, so that postpartum mothers have the ability and obtain health information according to their needs. Assistance is carried out by looking at current developments in aesthetic care according to women's needs in all life cycles

INTRODUCTION

Choosing a cesarean section is one of the main reasons behind post-operative wounds. This operation is also called incision surgery. A cesarean section is a surgical procedure performed on a mother or patient who is diagnosed with a diagnosis that the baby cannot be born through a normal delivery process. Cesarean section is usually carried out in an emergency or is a personal choice without any indication to save the lives of the mother and baby. According to some people, this surgical method has a long healing period compared to normal delivery. The wounds caused also have a different healing period compared to healing perineal tears that have been stitched.

In several health service locations that are used as referral points, this operation can become a routine procedure, but post-operative wounds remain a problem that is often faced by postpartum mothers. This operation is still safe, but still has side effects on postpartum mothers, therefore postpartum mothers need to care for incision marks properly to prevent injury and infection. Correct care is also capable of accelerating the wound-healing process (Sumantri & Fitri, 2022)

In a preliminary study, it was found that 3 out of 5 postpartum mothers still did not have an idea about wound care after surgery, including efforts that could be taken to treat scars. The 2 people, stated that they were worried about treating the wound because they had experience of pus coming out of previous surgical wounds. Usually, post-cesarean section wounds require extra care to prevent infection and speed up the healing process. Postpartum mothers are advised to keep wounds clean, eat nutritious food, and get enough rest so that recovery can run smoothly. In addition, consult medical personnel if there are signs of infection such as redness, swelling, or smelly discharge from the surgical wound. With proper care, post-cesarean section wounds can heal well and postpartum mothers can recover promptly. With proper care, especially personal hygiene, the wound-healing process will also be maximized. Some women want themselves to look beautiful without scars, including surgical wounds. There are several ways to remove or minimize these scars. Even today, many products help mothers prevent wounds from becoming scars for life. With increasingly sophisticated technology and products, removing scars has become more effective and the results can be more optimal. That way, mothers no longer need to worry about scars that will disturb their appearance. Proper treatment can help restore a mother's self-confidence. Mothers will feel more confident and comfortable with a more optimal appearance. Mother will become more radiant and confident every day. This is because a woman wants to look perfect and always be beautiful, so at this time, it is very possible that a woman, including postpartum mothers, will try to restore the condition of their skin to the way it was before pregnancy.

Post-caesarean wound care may also involve the use of medications to reduce pain and control inflammation. It is important for postpartum mothers to strictly follow the doctor's instructions and not ignore the symptoms that appear. This can help the optimal healing process. Ignoring the symptoms that appear can worsen the health condition of postpartum mothers. This can also hurt the

health of the newborn baby. Therefore, it is very important for postpartum mothers to strictly follow the doctor's instructions and not ignore the symptoms that appear. Apart from that, emotional and mental support is also important in the recovery process after a cesarean section. Maintaining a positive mood and getting support from family and friends can help postpartum mothers recover more quickly and smoothly.

As time goes by, people tend to follow existing trends to minimize or reduce scars from postpartum wounds. These efforts are carried out using traditional or modern treatment methods. This study aims to describe the various efforts made by postpartum mothers to deal with wounds after undergoing a cesarean section.

LITERATURE REVIEW

Based on literature reviews that have been carried out in several studies, several data were obtained through previous research that describes several treatment efforts for post-partum wounds or scars.

Table 1. Treatment Efforts for Post-Partum Wounds or Scars

NO	Article Title	Author	Year	Summary
1	CULTURE-BASED SELF-CARE DURING THE POTTERY PERIOD IN POSTPARTUM MOTHERS	Maryati	2018	The result of the study found that the traditional care performed by postpartum mothers in Sabang included messages, herbs consumption, restrictions on food and certain activities, and compression of the abdominal area with a heated stone.
2	ACCELERATING HEALING OF POST-SC WOUNDS IN PUBLIC WOMEN WHO CONSUME BOILED EGGS	Dwi Wahyuning Tyas	2019	Based on the research results, it is hoped that it can be used as input for post-SC postpartum mothers to consume 4 boiled eggs per day for 7 consecutive days to speed up wound healing.
3	THE INFLUENCE OF DIET ON POST-OP SECTIO CAESAREA WOUND HEALING	Cahyani, Kris	2022	The results of this study show that there is a significant relationship between dietary habits and post-op wound healing from Sectio Caesarea (SC).
4	Healing Post Sectio Cesarea (SC) Wounds With Snakehead Fish Extract (<i>Channa striata</i>)	Ummah. W et al	2022	Statistically, it can be concluded that there is an effect of administering snakehead fish extract (<i>Channa striata</i>) on healing Post post-sectio caesarea (SC) wounds in postpartum mothers. Snakehead fish has the highest albumin content, thereby speeding up the wound healing process

5	THE RELATIONSHIP OF WOUND HEALING LONG TIME AND CARE MEASURES WITH WOUND HEALING TREATMENT IN CAESAREA SECTIO MOTHER	Sumantri. AW, Fitri YE	2022	a significant relationship between the length of wound healing (p- value 0.002
6	THE EFFECTIVENESS OF USING HONEY (MeI) IN HEALING OPERATIVE WOUNDS IN CAESAREA SECTIO MOTHER	Mutiah. Cut et al	2022	The honey treatment group was more effective in healing wounds than the control group (NaCl 0.9%). So honey can be an alternative therapy for post-SC wounds

METHODOLOGY

Through a qualitative approach using interview and observation methods, postpartum mothers were selected as participants using purposive sampling techniques. Data collection techniques were carried out through interviews and observations of 10 post-partum mothers and post-partum mothers. The criteria set in this study were all postpartum mothers who experienced labor by cesarean section, postpartum mothers were the selected sample because they were cooperative and willing to be involved in this research.

Data collection data was obtained from mothers who gave birth in March 2024. Data was collected through an in-depth interview process with 2 face-to-face meetings. The interview is in the form of an open sentence with detailed questions as follows. 1) Do you clean the wound every day? 2) If yes, how do you clean the wound? 3) How much drinking water do you consume every day 4) How do you dress during the postpartum recovery period 5) Are there any sports activities during the postpartum period 6) How often do you check up with a doctor/health service facility? 7) Is there any cream or similar that you use to reduce scars? 8) Is there any treatment/therapy to remove the scar? All questions can then be developed with other questions according to the respondents' answers.

Interviews were conducted face for face in approximately 20 minutes. The data analysis used is through content analysis techniques, which is a technique for finding the meaning contained in a piece of writing (Graneheim & Lundman, 2004).

RESULTS

Lamongan Regency is geographically located at 6°51'54" - 7°23'06" South Latitude and 112°33'45" - 112°33'45" East Longitude, which has an area of approximately 1,812.8 km² or + 3.78% of the total area of East Java Province. This district consists of 27 sub-districts with details of 462 villages and 12 sub-districts. To the west, it borders Bojonegoro and Tuban Regencies, to the north it borders the Java Sea, to the east it borders Gresik Regency, to the south it borders Mojokerto and Jombang Regencies. Turi District is one of the sub-districts located north of the main road of Lamongan Regency with geographic conditions between urban and rural areas. In such conditions, it is expected that the data obtained will be varied. Based on the results of the research conducted, the following results were obtained:

Table 2. Frequency Distribution of Characteristics of Postpartum Mothers (N=10)

No	Category	f	%
1	Caring for postpartum wounds		
	Do	10	100
	Do not do	0	0
2	Age		
	17-25 year	0	0
	26-35 year	7	70
	36-45 year	1	10
	46-55 year	2	20
3	Education		
	Didn't go to school/didn't graduate	0	0
	SD	0	0
	SMP	4	40
	SMA	6	60
4	Parity		
	Primipara	4	40
	Multiparous	6	60
	Grandemultiparous	0	0

Table 3. Description of Responses from Respondents

NO	Question	Postpartum Mother	Respon
1	Do you carry out wound care every day?	15	Yes
		0	No
2	How do you clean the wound?	1	Wet the towel with warm water mixed with soap
		2	Clean with normal temperature water without soap
		3	Wipe with normal temperature water and change the bandage
		4	Don't use any soap
		5	Use normal-temperature water with a soap mixture
		6	Wash your hands and rinse the wound with normal-temperature water
		7	Wash your hands with warm water, wash the wound with a compress
		8	Take a shower regularly, wash the wound with normal-temperature water
		9	Use warm water mixed with soap for bathing
		10	Compressed with a washcloth and wet towel
3	How much drinking water do you consume every day?	1	An average of 10 glasses/day of water and broth
		2	Approximately 3 liters/day of water, juice, vegetable broth
		3	An average of 2 liters/day of plain water only

	4	An average of 8-10 glasses/day of water and milk
	5	On average, only 7-10 glasses/day of water
	6	Approximately 2.5-3 liters/day of water and juice
	7	An average of 8-10 glasses/day of water and milk
	8	An average of 8-10 glasses/day of water and milk
	9	An average of 10 glasses/day of water and juice
	10	Average 2 liters/day of water and juice
4	How do you dress during postpartum recovery?	1 Loose dress
		2 Normal clothes
		3 Avoid tight clothes
		4 Daily clothes
		5 Clothes according to conditions and weather
		6 Loose dress
		7 Dressed in negligee
		8 Normal, avoid tight clothing
		9 Normal, avoid tight clothing
		10 Dressed in negligee
5	Are there any sports activities during the postpartum period?	1 Nothing
		2 Nothing
		3 Nothing
		4 Nothing
		5 Just a morning walk
		6 Nothing
		7 Nothing
		8 Nothing
		9 Nothing
		10 Nothing
6		1 4x

	How many times have you checked with a doctor/health service facility?	2	4x
		3	4x
		4	4x
		5	5x
		6	4x
		7	5x
		8	4x
		9	4x
		10	4x
		7	Is there any cream or similar that you use to reduce scars?
2	There		
3	There		
4	No		
5	No		
6	There		
7	There		
8	There		
9	There		
10	No		
8	Is there any treatment/therapy to remove the scars?	1	There
		2	There
		3	No
		4	No
		5	There
		6	There
		7	There
		8	There
		9	No
		10	There

DISCUSSION

From table 1, the research results show that all postpartum postpartum mothers treated post-cesarean section tablets, namely 10 people (100%). According to research results (Lei et al., 2019), one of the benefits of wound care is preventing infection. In the absence of infection, it is hoped that the wound will heal quickly. The results of research from (Hadiati et al., 2020) suggest that herbal treatments can also help the healing process during the postpartum period.

Table 2 is the result of the responses from each respondent's answers, in question number (2) postpartum mothers answered with various responses, some cleaned using warm water mixed with soap, some used normal temperature water without any mixture, and some also washed with a washcloth. Through further interviews, mothers carried out this process based on experience gained from family, relatives, and health workers. Some mothers also get information from YouTube. According to the postoperative period, you should avoid bathing in hot water and avoid swimming. The first thing you can do when cleaning a wound is to wash your hands before and after treating the wound to prevent the spread of germs. Question number (3) postpartum mothers answered about the fluid requirements they consume in 1 (one) day, namely an average of 10 glasses/day of water and soup, approximately 3 liters/day of water, juice, vegetable soup, on average an average of 2 liters/day of plain water only, an average of 8-10 glasses/day of plain water and milk, an average of 7-10 glasses per/day of just plain water, approximately 2.5-3 liters/day of plain water and juice, an average of 8-10 glasses/day of water and milk, an average of 10

glasses/day of water and juice, an average of 2 liters/day of water and juice. According to (Prasetyowati, 2014) a person's daily fluid needs are between 2300 ml. According to Cahyani (2022), the benefits of consuming fluids appropriately are maintaining body fluids, uninterrupted body metabolism, maintaining temperature, and providing energy to muscles and joints. Based on the results of the interview, postpartum mothers continue to consume enough fluids to meet fluid needs and assist in the healing process of surgical wounds. This was obtained through providing health education from health workers who helped with the birth, social media, and the experiences of peers. Consuming foods high in calories and protein and avoiding consumption of foods high in sugar which can cause gas is one of the treatment needs to speed up the wound healing process. According to research (Kusumawardani et al., n.d.) Cahyani and Kris (2022) show that there is a significant relationship between dietary habits and post-op Sectio Caesarea (SC) wound healing. Consuming enough eggs is also one of the efforts that have been scientifically proven to help the healing process of post-cesarean section wounds (Tyas, 2019).

Question number (4) responses from postpartum mothers include loose dress in a dress, normal clothes, avoid tight clothes, daily clothes, clothes according to conditions and weather, loose dress in a dress, normal, avoid tight clothes in a dress, normal, avoid tight clothes. According to several website sources from doctors, patients after recovery from cesarean section operations are advised to wear loose and not tight clothing during the healing process. This is expected to prevent pressure on the surgical wound which could cause abnormal blood circulation in the area. The clothes worn must be comfortable for the mother because the healing process certainly drains energy and thoughts. With comfortable conditions, the mother will be able to undergo the postpartum period well. However, several articles state that the use of belly wraps is also recommended for postpartum mothers to ensure that the stitches remain safe and do not experience friction with clothes. Some postpartum mothers say that they also use corsets to protect the stomach, but this condition can be handled wisely, namely that its use must be by needs. (Blyholder et al., 2017). Other wound care measures that mothers took were changing sterile bandages or plaster covering wounds, but 3 postpartum mothers had time to scratch the scars because it was itchy.

Question number (5) responses from postpartum mothers included 2 people who said they did sports activities by walking in the morning and 8 people who said they did not do sports activities. According to several sources, strenuous exercise is not recommended for postpartum mothers after cesarean section surgery. Some light movements can be done such as walking around the house. According to (Blyholder et al., 2017) physical activity aims to increase postpartum fitness. However, the movements used of course adjust to the condition of the mother's body and health.

Question number (6) The response from postpartum mothers was to check post-cesarean section wound care 4-5 times, as a result of further interviews, they carried out treatment with local doctors and midwives. From the doctor or midwife, postpartum mothers receive health education about postpartum care. According to the Indonesian Ministry of Health, postpartum visits are very necessary with the aim of monitoring the mother's health condition. Post-cesarean section wounds are a condition that requires special attention and good care. Information about the infection prevention process should also be given to the mother. Using concoctions that are not sterile is very risky in inhibiting the wound-healing process.

The question number (7) mothers responded using the cream for wounds of as many as 7 people, and not using the cream for as many as 3 people. Postpartum mothers who use cream are postpartum mothers who have passed 42 days or 4 weeks after surgery. Some say that the use of cream begins when the wound has started to form scars. Based on further interviews, the use of this cream is for the reason that the stomach skin does not have surgical scars. A woman of course wants to have a smooth body and smooth skin even though she has gone through the birth process using natural or artificial methods. This is a natural thing because a woman by nature always wants to look beautiful. This is as stated by (Adila et al., 2019) "Regular care and use of cream or oil can help fade scars, but scars that are still new or open wounds should not be massaged on that area. Gentle massage can be beneficial for scars. wounds, but must be done carefully so as not to cause irritation or other problems.

Question number (8) Some postpartum mothers undergo treatment by administering cream they bought themselves, and some start consulting with beauty clinics for treatment. According to several experts, surgical scar treatment can use creams, lasers, microneedling, and chemical peels. According to (Mutiah et al., 2022) complementary treatments using honey have also been proven to speed up the healing process of post-operative wounds. The results of this study stated that the honey treatment group was more effective in healing wounds than the control group (0.9% NaCl). So honey can be an alternative therapy for post-SC wounds.

CONCLUSIONS AND RECOMMENDATIONS

Postpartum mother's post-cesarean section have several methods that are not much different in caring for post-cesarean section wounds. They continue to follow directions from health officials. Consistent assistance is needed for every postpartum mother, whether giving birth naturally or through surgery.

FURTHER STUDY

It is hoped that future research will be able to explore the treatment carried out in the care of surgical scars. As time goes by, the world of midwifery and beauty will continue to go hand in hand. So it is very important to develop research on health and beauty related to cases or models of midwifery services.

ACKNOWLEDGMENT

Thank you to all parties who have helped with this research, especially postpartum mothers who have provided their time to answer all research questions.

REFERENCES

- Adila, D. R., Saputri, D., Niriyah, S., Studi, P., Keperawatan, I., Hang, S., & Pekanbaru, T. (2019). PENGALAMAN POSTPARTUM BLUES PADA IBU PRIMIPARA. In *Jurnal Ners Indonesia* (Vol. 9, Issue 2).
- Blyholder, L., Chumanov, E., Carr, K., & Heiderscheit, B. (2017). Exercise Behaviors and Health Conditions of Runners After Childbirth. *Sports Health*, 9(1), 45–51. <https://doi.org/10.1177/1941738116673605>
- Cahyani, Yuliana. Pengaruh Pola Makan Terhadap Penyembuhan Post OP Sectio Caesarea. (2022). *Jurnal Buletin Kesehatan Volume 2 No. 17*
- Hadiati, D. R., Hakimi, M., Nurdiati, D. S., Masuzawa, Y., da Silva Lopes, K., & Ota, E. (2020). Skin preparation for preventing infection following cesarean section. *Cochrane Database of Systematic Reviews*, 2020(6). <https://doi.org/10.1002/14651858.CD007462.pub5>
- Kusumawardani, S., Larasati, A., Guru, P., Dasar, S., Pendidikan, I., Muhammadiyah, U., Jalan, J., Ahmad, K. H., Cirendeu-Ciputat, D., & Selatan, T. (n.d.). ANALISIS KONSUMSI AIR PUTIH TERHADAP KONSENTRASI SISWA Diterima: DD MM YYYY Direvisi: DD MM YYYY Disetujui: DD MM YYYY.
- Lei, J., Sun, L., Li, P., Zhu, C., & Lin, Z. (2019). The Wound Dressings and Their Applications in Wound Healing and Management. In *Health Sci J* (Vol. 13, Issue 4). <http://www.imedpub.com/>
- Mutiah, C., Abdurrahman, A., & Putri, I. (2022). Efektivitas Penggunaan Madu (Mel) Terhadap Penyembuhan Luka Operasi Pada Ibu Sectio Caesarea. *Malahayati Nursing Journal*, 4(3), 627–633. <https://doi.org/10.33024/mnj.v4i3.6034>
- Prasetyowati Tri Purnama Sari, I. (2014). TINGKAT PENGETAHUAN TENTANG PENTINGNYA MENGGONSUMSI AIR MINERAL PADA SISWA KELAS IV DI SD NEGERI KEPUTRAN A YOGYAKARTA. In *Jurnal Pendidikan Jasmani Indonesia* (Vol. 10, Issue 2).
- Sumantri, A. W., & Fitri, Y. E. (2022). Babul Ilmi_Jurnal Ilmiah Multi Science Kesehatan. 14(1), 126. <https://jurnal.stikes-aisyiyah-palembang.ac.id/index.php/Kep/article/view/>

Sari

Tyas, Dwi Wahyu. (2019). Percepatan Penyembuhan Luka Post SC Pada Ibu Nifas Yang Mengonsumsi Telur Rebus. *Jurnal Ilmiah Obsgin : Jurnal Ilmiah Ilmu Kebidanan & Kandungan*