ABSTRACT

Salma Wahyu Nur Imania (2025). *Midwifery Care for a Postpartum Mother with Hypogalactia at TPMB Mamik Yulaikah Bululawang, Malang Regency.* Case Study Scientific Paper, Diploma III Midwifery Study Program, Department of Midwifery, Health Polytechnic of Malang. Supervisor: Duhita Dyah Apsari, S.Keb.Bd., M.Kes.

Hypogalactia is one of the main challenges in achieving successful exclusive breastfeeding, which can negatively impact infant growth and development. Secondary hypogalactia is generally caused by infrequent breastfeeding, improper breastfeeding techniques, and a lack of maternal support and knowledge. This study aims to describe midwifery care for a postpartum mother with secondary hypogalactia using a descriptive exploratory case study approach. The subject was a 20-year-old postpartum mother on day 20 who complained of low breast milk production. Data were collected through interviews, observations, physical examinations, and visit documentation. Anamnesis revealed low milk output, breasts feeling empty, breastfeeding only 3–4 times per day, improper breastfeeding technique, and maternal anxiety about insufficient milk supply. The care provided included breastfeeding education, correct technique, oxytocin massage, breast care, and emotional support. The evaluation showed increased milk production and frequency of breastfeeding, weight gain in the baby, and improved maternal confidence. These results indicate that proper technique, oxytocin massage, breast care, and emotional support are effective in improving milk production.

Keywords: Breast care, breastfeeding, oxytocin massage, postpartum mother, secondary hypogalactia.