

ABSTRACT

Background: *Breast engorgement is a common breastfeeding problem among postpartum mothers, especially in the early stages of breastfeeding. This condition is characterized by breast swelling due to an accumulation of milk that is not optimally expressed, which can cause pain, fever, and even the risk of developing mastitis if not properly managed. Successful breastfeeding depends heavily on early detection and appropriate management of breast engorgement.*

Objective: *This study aims to identify factors influencing the occurrence of breast engorgement in postpartum mothers and evaluate the effectiveness of nursing interventions in managing this condition.*

Methods: *This paper uses a descriptive approach with a case study design on several postpartum mothers experiencing breast engorgement at the As Syifa Husada Clinic in Poncokusumo. Data collection was conducted through observation, interviews, and documentation. Interventions provided included breastfeeding education, warm-cold compress techniques, breast care, and emotional support.*

Results: *The study results indicate that the main factors causing breast engorgement include inappropriate breastfeeding techniques, infrequent breastfeeding, and a lack of information about lactation management. The interventions provided have proven effective in reducing complaints of breast engorgement and increasing maternal comfort during breastfeeding.*

Conclusion: *Breast engorgement in postpartum mothers can be prevented and effectively managed through comprehensive education, breast care, and ongoing monitoring of the breastfeeding process. The role of midwives is crucial in supporting the success of exclusive breastfeeding.*

Keywords: *breast engorgement, postpartum mothers, lactation, breastfeeding, nursing interventions*