

**The Combination of Warm Compress and Slow Deep Breathing Relaxation Techniques for Managing Breast Pain in Postpartum Mothers in the Mawar Merah Room at RSUD Bangil Pasuruan**

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**ABSTRACT**

The postpartum period is a critical phase for mothers due to physical and psychological changes that may interfere with the breastfeeding process. One common complaint is breast pain caused by breast engorgement, as experienced by 8 out of 20 postpartum mothers at RSUD Bangil Pasuruan. Breast pain can hinder breastfeeding, cause mothers to avoid direct breastfeeding, and increase the risk of complications such as engorgement or mastitis. This condition also affects the mother's physical and psychological health, triggering stress, anxiety, and even postpartum depression. This study uses a descriptive research design with a case study approach. The case study involved nursing care for postpartum mothers experiencing breast pain. The aim of the study is to analyze the effectiveness of combining warm compresses and slow deep breathing relaxation techniques in relieving breast pain in postpartum mothers. The intervention was carried out for three consecutive days (three times a day) for 15–20 minutes per session. The results showed that after implementing the combination of warm compresses and slow deep breathing relaxation techniques from September 4 to 6, 2025, there was a reduction in pain level, as evidenced by a decrease in the pain scale from 5 to 2. It can be concluded that the combination of warm compresses and slow deep breathing relaxation techniques is proven effective in reducing breast pain in postpartum mothers.

**Keywords:** Warm compress, slow deep breathing, breast pain, postpartum mothers