

ABSTRAK

Latar belakang : Abses merupakan salah satu bentuk infeksi kulit yang ditandai dengan akumulasi pus akibat invasi bakteri dan respon imun tubuh. Pada pasien dengan diabetes mellitus, proses penyembuhan luka sering terhambat karena gangguan aliran darah dan fungsi imun, sehingga memerlukan pendekatan perawatan luka yang lebih efektif. Perawatan konvensional terbukti memiliki keterbatasan, sehingga diperlukan metode modern seperti penggunaan *hidrophobyc dressing* dan salep Epitel Cream.

Tujuan : Untuk mengetahui Penerapan Hidrophobyc Dressing Dan Salep Epitel Cream Untuk Penyembuhan Luka Pada Pasien Abses Di Praktik Mandiri Griya Afiat Kota Makassar.

Metode : Studi kasus pada Ny. R, perempuan usia 56 tahun dengan abses pada punggung kiri. Pengkajian luka dilakukan dengan *Bates-Jensen Wound Assessment Tool*. Intervensi meliputi pembersihan luka, aplikasi *primary dressing* (salep epitel, hydrophobic), *secondary dressing* berupa kasa steril, dan *tertiary dressing* berupa plester.

Hasil : Setelah dua kali perawatan, terjadi penurunan luas luka dari 1,4 cm² menjadi 0,49 cm², penurunan eksudat dari 25% menjadi 15%, peningkatan jaringan granulasi dari 60% menjadi 65%, dan peningkatan epitelisasi dari 15% menjadi 25% yang menandakan fase proliferasi aktif. Pasien juga melaporkan peningkatan kenyamanan dan tidak ditemukan tanda infeksi.

Kesimpulan : Penerapan *hidrophobyc dressing* (Cutimed Sorbact) yang dipadukan dengan Zinc Cream Epitel terbukti efektif mempercepat proses penyembuhan luka abses. Hasil studi kasus ini diharapkan dapat menjadi referensi dalam praktik keperawatan luka serta literatur tambahan untuk pengembangan ilmu keperawatan di bidang wound care.

Kata Kunci : Abses, *Hidrophobyc dressing*, *Zinc Cream Epitel*, Perawatan luka

ABSTRACT

Background : An abscess is a type of skin infection characterized by the accumulation of pus resulting from bacterial invasion and the body's immune response. In patients with diabetes mellitus, the wound healing process is often impaired due to poor blood circulation and immune dysfunction, thus requiring a more effective wound care approach. Conventional wound care methods have shown limitations; therefore, modern techniques such as the use of hydrophobic dressing and Epitel Cream ointment are needed.

Objective : To identify the application of Hydrophobic Dressing and Epitel Cream Ointment in wound healing for a patient with an abscess at *Praktik Mandiri Griya Afiat*, Makassar City.

Method : A case study was conducted on Mrs. R, a 56-year-old female with an abscess on the left upper back. Wound assessment was performed using the **Bates-Jensen** Wound Assessment Tool. Interventions included wound cleansing, application of a primary dressing (Epitel ointment and hydrophobic dressing), secondary dressing with sterile gauze, and tertiary dressing with adhesive tape.

Results : After two wound care sessions, the wound area decreased from 1.4 cm² to 0.49 cm², exudate reduced from 25% to 15%, granulation tissue increased from 60% to 65%, and epithelialization improved from 15% to 25%, indicating an active proliferative phase. The patient also reported improved comfort, and no signs of infection were observed.

Conclusion : The application of *hydrophobic dressing* (Cutimed Sorbact) combined with Epitel Zinc Cream proved effective in accelerating the healing process of abscess wounds. The results of this case study are expected to serve as a reference for wound care nursing practice and as an additional resource for the development of nursing science in the field of wound care.

Keywords: Abscess, *Hydrophobic dressing*, *Zinc Epitel Cream*, *Wound care*