

ABSTRAK

STUDI KASUS : PERAWATAN LUKA ABSES MENGGUNAKAN *MODERN DRESSING HYDROFIBER* DAN *EPITEL CREAM* DI PRAKTIK MANDIRI GRIYA AFIAT KOTA MAKASSAR

Latar Belakang: Abses merupakan infeksi kulit akibat akumulasi pus yang umumnya disebabkan oleh *Staphylococcus aureus*. Kondisi ini lebih sering terjadi pada pasien diabetes mellitus karena gangguan imun dan mikrosirkulasi yang menghambat proses penyembuhan. Perawatan konvensional sering kurang efektif dalam mengendalikan eksudat dan mencegah infeksi, sehingga diperlukan balutan modern seperti Hydrofiber silver yang mampu menyerap eksudat dan memberikan efek antimikroba untuk mendukung penyembuhan luka. **Tujuan:** Penelitian ini bertujuan menilai efektivitas penggunaan Hydrofiber silver dan epitel cream zinc dalam perawatan luka abses. Intervensi ini berfokus pada pengendalian eksudat, pencegahan infeksi, perlindungan area periwound, serta percepatan proses granulasi dan epitelisasi pada pasien yang dirawat di Praktik Mandiri Griya Afiat Kota Makassar. **Metode:** Studi kasus dilakukan pada pasien Tn. AH, laki-laki usia 61 tahun dengan luka abses pada punggung. Pengkajian dan tindakan perawatan dilakukan sebanyak dua kali kunjungan, yaitu pada hari Senin dan Kamis. Prosedur perawatan mencakup pembersihan luka, aplikasi Hydrofiber silver sebagai primary dressing, serta penggunaan epitel cream zinc pada kulit sekitar luka untuk menjaga kelembapan dan mencegah iritasi. **Hasil:** Selama dua kali kunjungan, terlihat adanya perbaikan awal. Ukuran luka menurun dari 1,3 × 1,6 cm menjadi 1,2 × 1,4 cm. Kondisi luka menunjukkan kedalaman subkutan dengan terowongan < 2 cm, slough 25%, granulasi 50%, epitelisasi 25%, eksudat purulen sedang, serta kulit sekitar yang mengalami hipopigmentasi, edema ringan, dan indurasi < 2 cm. Skor total mencapai 29 dengan prediksi penyembuhan 5–6 minggu. **Kesimpulan:** Kombinasi Hydrofiber silver dan epitel cream zinc terbukti membantu pengendalian eksudat dan melindungi periwound, meskipun perawatan lanjutan tetap diperlukan untuk mengoptimalkan penyembuhan luka abses.

Kata kunci: Abses, Hydrofiber Silver, Epitel Cream, Perawatan Luka

ABSTRACT

CASE STUDY: ABSCESS WOUND CARE USING MODERN DRESSING HYDROFIBER AND EPITEL CREAM AT GRIYA AFIAT INDEPENDENT PRACTICE, MAKASSAR CITY

Background: An abscess is a skin infection caused by the accumulation of pus, commonly due to *Staphylococcus aureus*. This condition is more frequently found in patients with diabetes mellitus due to impaired immunity and microcirculation, which slows the wound-healing process. Conventional wound care is often insufficient in controlling exudate and preventing infection, thus requiring modern dressings such as Hydrofiber silver, which effectively absorbs exudate and provides antimicrobial activity to support healing. **Objective:** This study aims to evaluate the effectiveness of Hydrofiber silver and zinc epithelial cream in the management of abscess wounds. The intervention focused on exudate control, infection prevention, periwound protection, and acceleration of granulation and epithelialization processes in patients treated at the Griya Afiat Independent Practice, Makassar City. **Method:** A case study was conducted on Mr. AH, a 61-year-old male with an abscess wound on the back. Wound assessment and treatment were carried out during two visits, on Monday and Thursday. The procedure included wound cleansing, application of Hydrofiber silver as the primary dressing, and zinc epithelial cream on the periwound area to maintain moisture and prevent irritation. **Results:** Over two visits, initial improvements were observed. Wound size decreased from 1.3 × 1.6 cm to 1.2 × 1.4 cm. The wound showed subcutaneous depth, a tunnel < 2 cm, 25% slough, 50% granulation tissue, 25% epithelialization, moderate purulent exudate, and surrounding skin with hypopigmentation, mild edema, and induration < 2 cm. The total score was 29, with an estimated healing time of 5–6 weeks. **Conclusion:** The combination of Hydrofiber silver and zinc epithelial cream effectively contributed to exudate control and periwound protection, although continued care is needed to optimize the healing of abscess wounds.

Keywords: Abscess, Hydrofiber Silver, Epithelial Cream, Wound Care