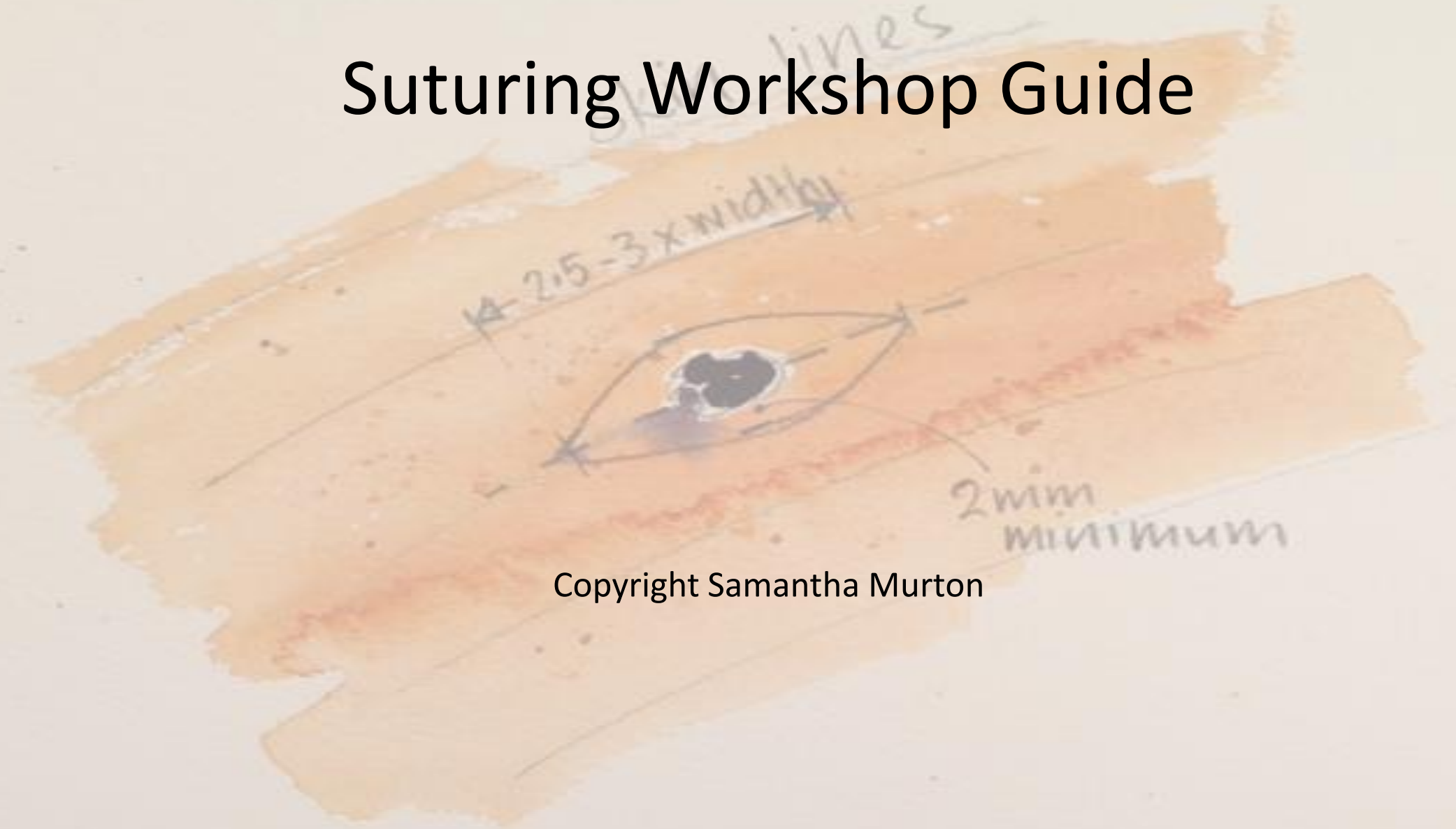


Suturing Workshop Guide



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Objectives

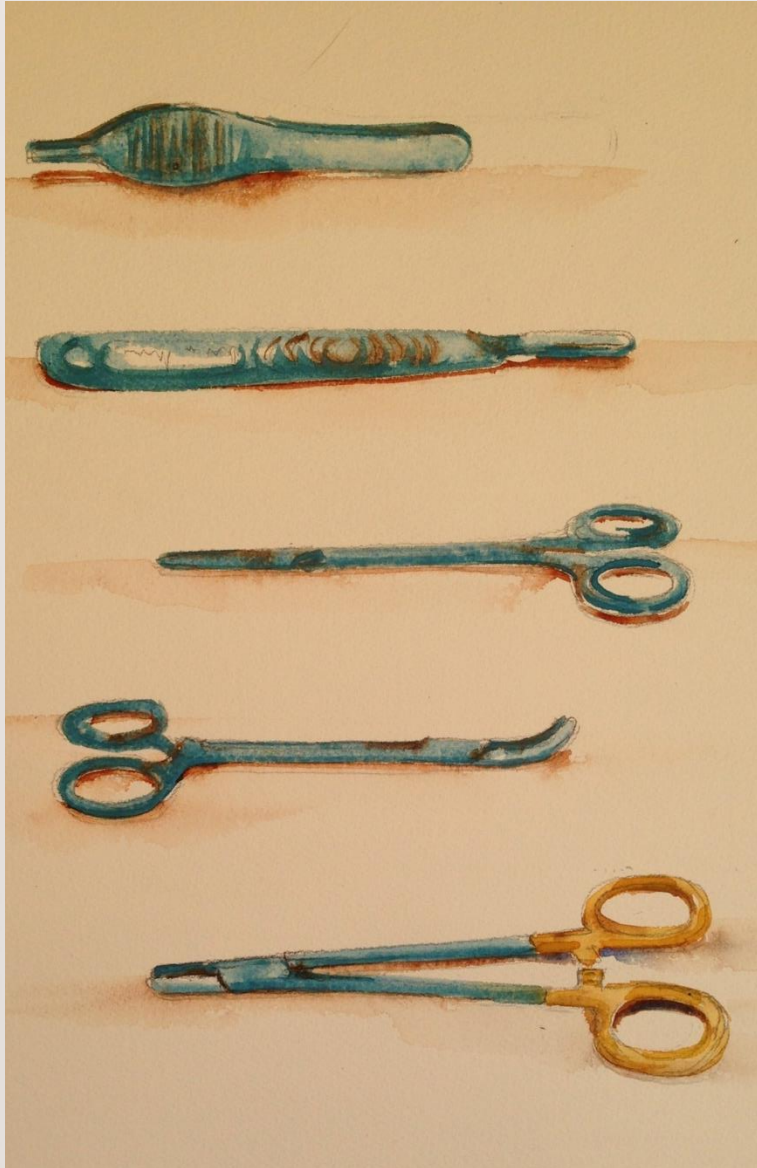
- Be able to list the equipment you require for a procedure.
- Be able handle your sharps and instruments with skill, demonstrating aseptic technique.
- Show an understanding of Langers lines.
- Be able to perform a deep suture that provides strength to the wound closure.
- Practice some simple flaps.

Preparation

- The 12 things you need
 - Needle
 - Syringe
 - Anaesthetic
 - Instruments (needle holder, forceps, scissors, blade handle, curved artery forcep if removing cysts)
 - Gloves
 - Antiseptic
 - Saline (damp gauze soaks up blood better)
 - Dressing pack
 - Pottle for specimen
 - Suture material
 - Blade (15)
 - Dressing (includes micropore)



Instruments



Consent

- The procedure
- Infection
- Scarring
- Bleeding
- Further excision
- Recurrence



Aseptic Technique

- Never touch anything sharp
- Practice using your instruments
- How not to snap the blade or bend the needle

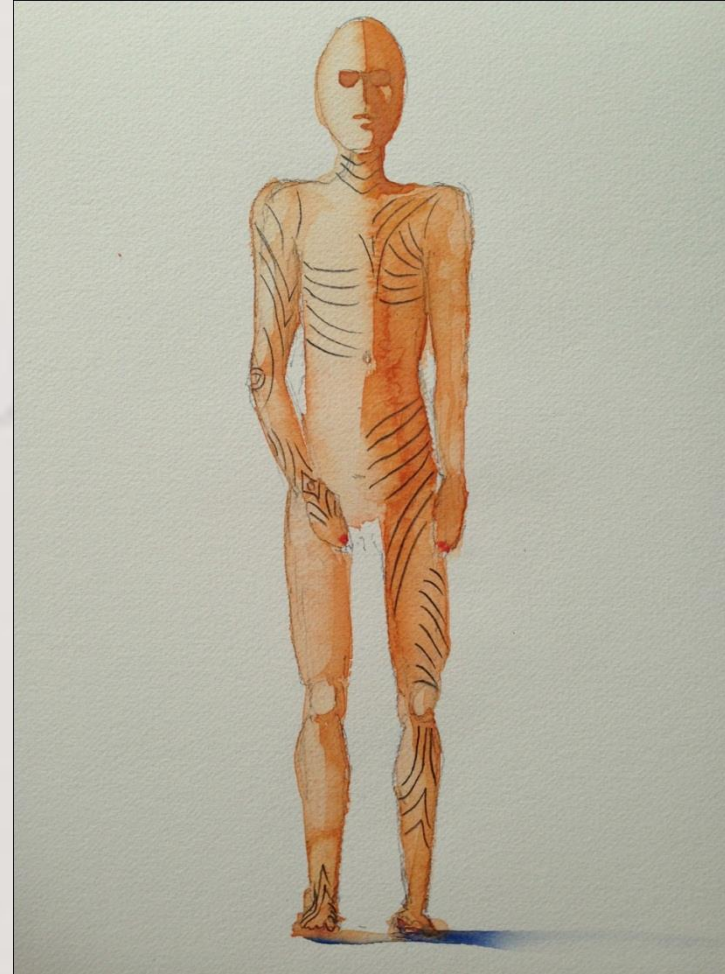


Don't bend the needle



Preparation

- Drawing
- Skin Tension lines



Preparation

- Drawing
- Skin Tension lines



Margins

- Naevus 2mm
- BCC 3-5mm
- SCC 5-10mm
- Melanoma 5 – 20mm



Anaesthesia

- 2% lignocaine with 1:100,000 adrenaline, variety of others
- No adrenaline on extremities
- 7 minutes to full effect of adrenaline

Suture Material

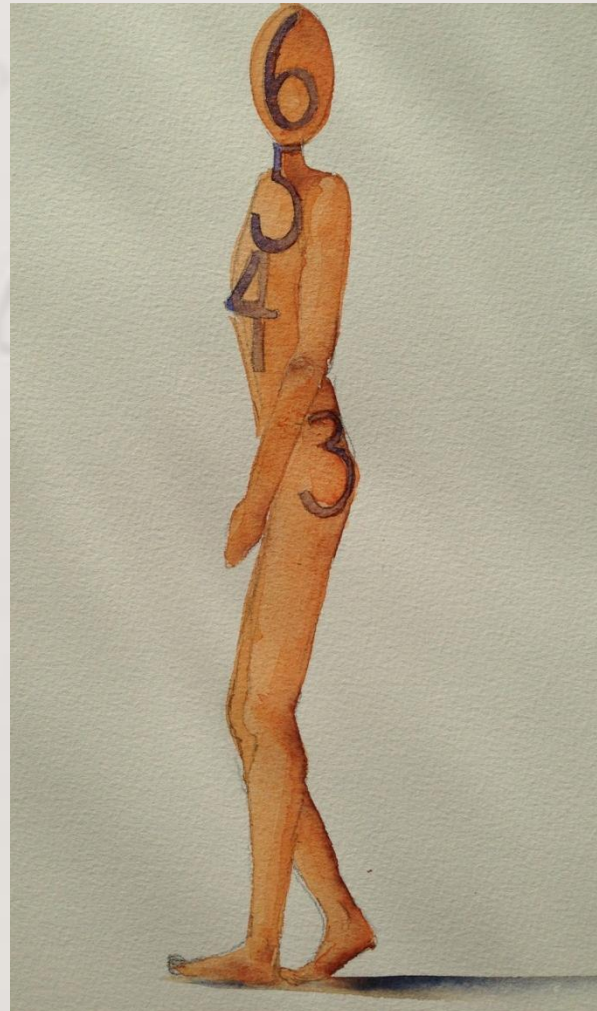
Size of suture

Face – 5.0/6.0

Head/Neck – 5.0

Body – 4.0

Back - 3.0



Time in skin

Face - 5

Head/Neck – 5-7

Body/Scalp – 10-12

Back - 12-14

Elliptical excision

- The shape of the hull of a boat
- Try to get a good amount of fat under lesion



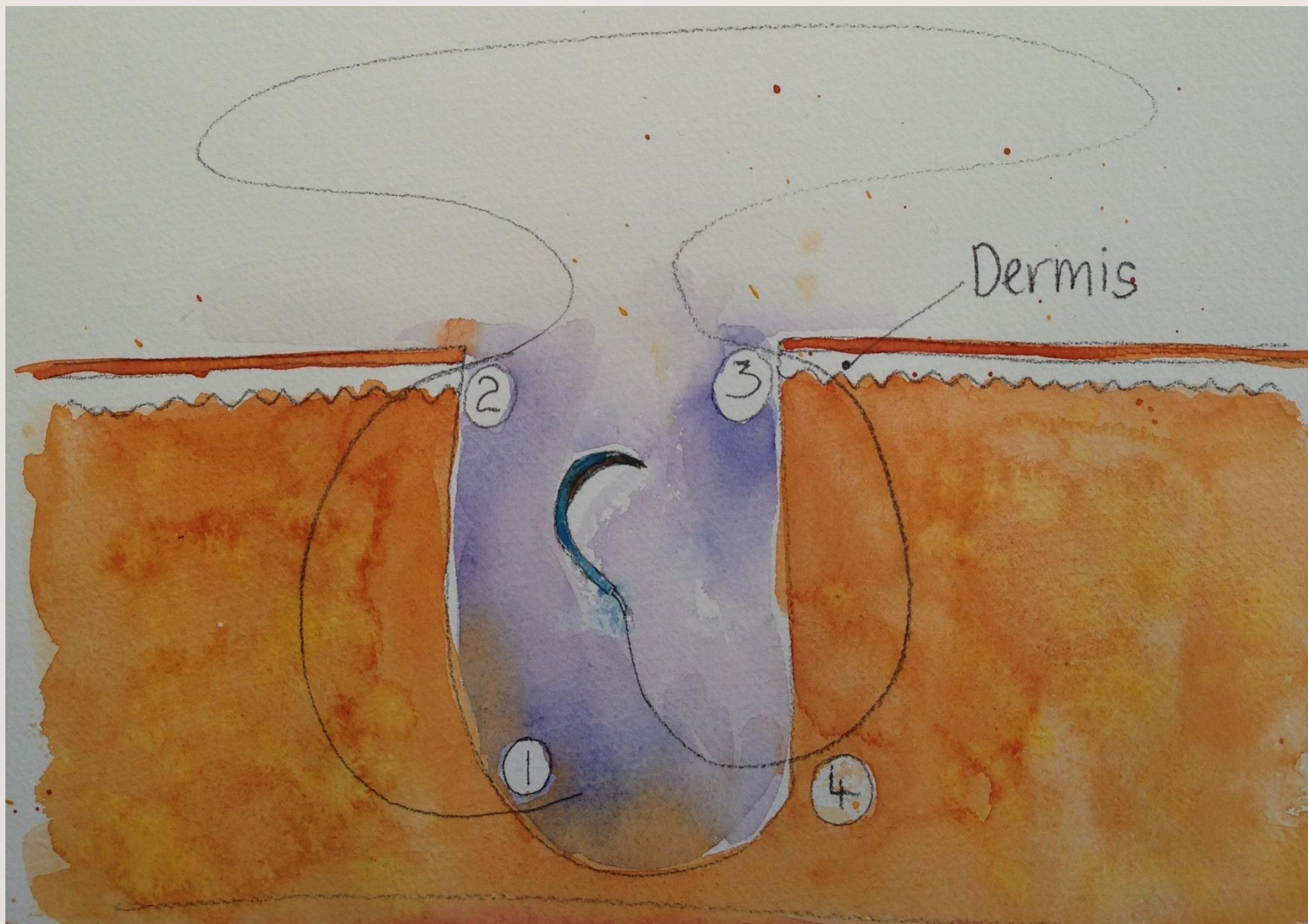
Getting Started

- “The first cut is the deepest”
- Always hold the corner of the wound



Deep Sutures

- Most wounds could do with them
- Helps with haemostasis
- Takes tension off skin
- Absorbable suture
- Bury the knot (start deep, you are doing an upside down suture)



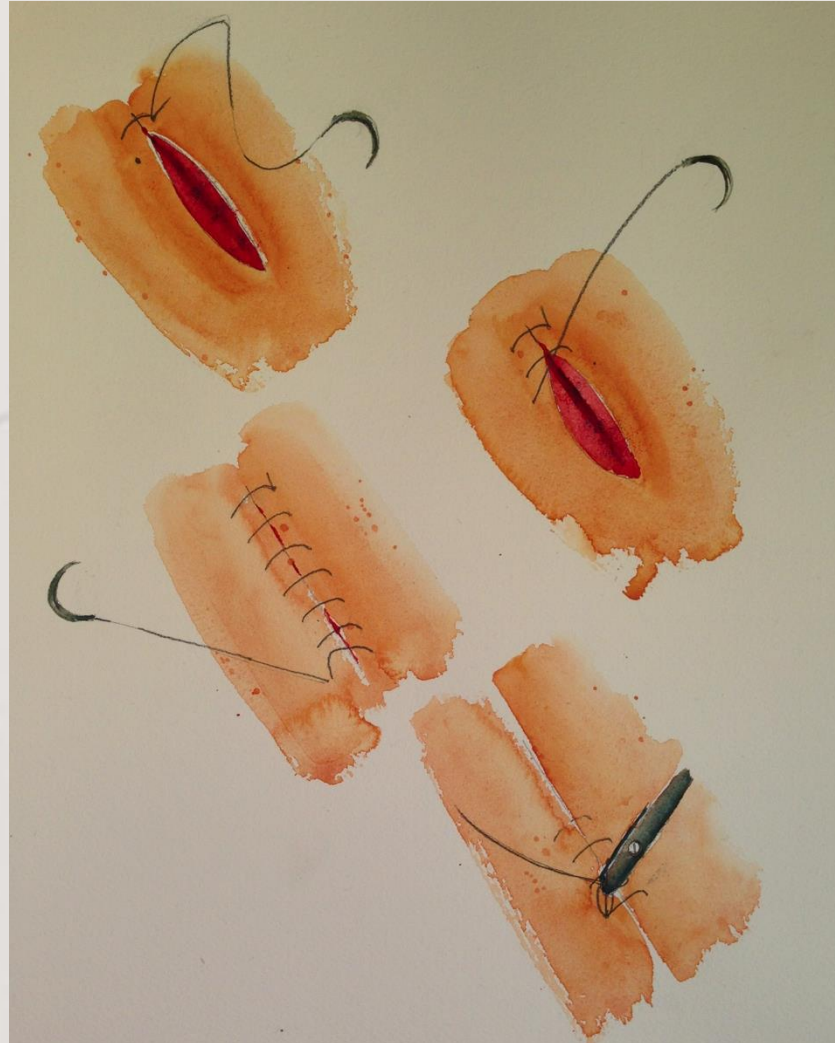
Types of Suturing Styles

- Interrupted



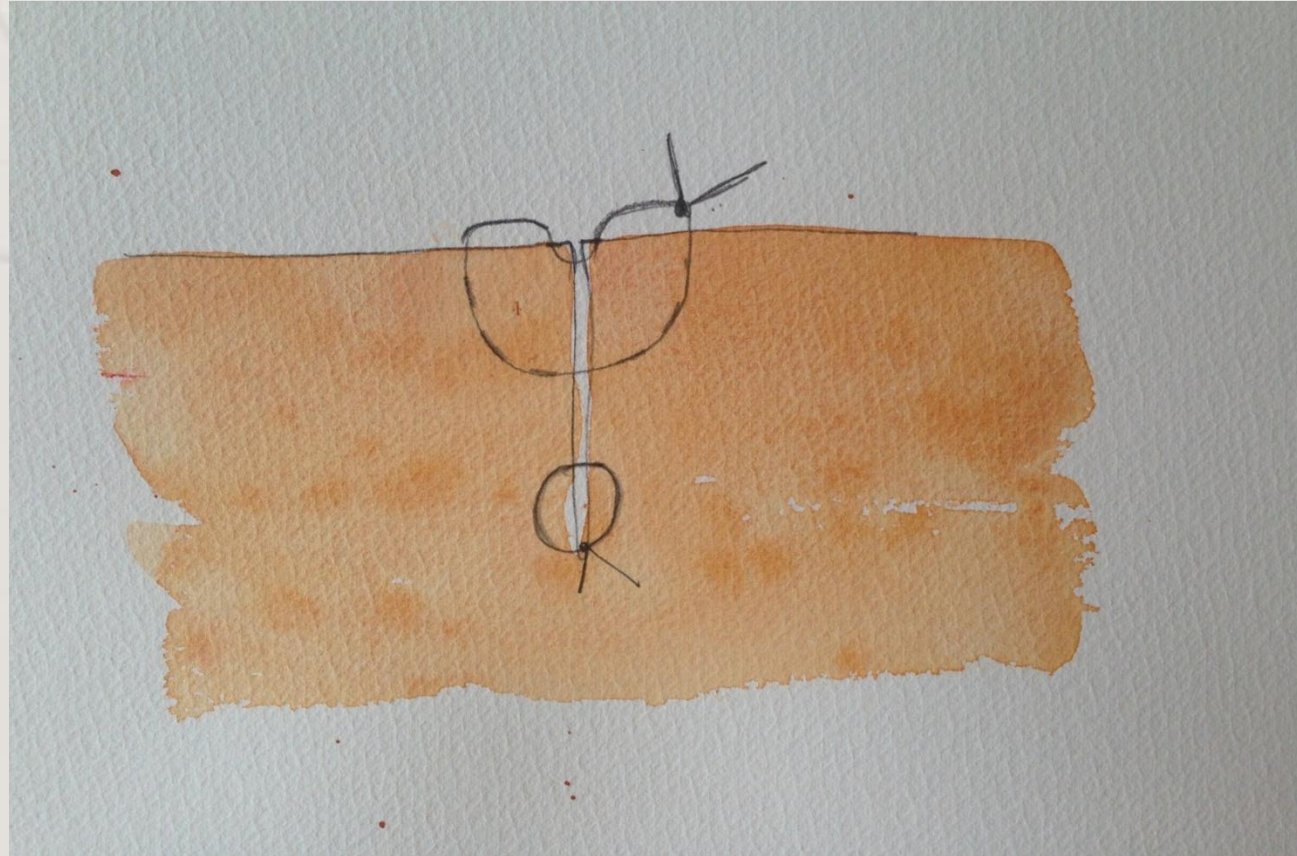
Types of Suturing Styles

- Running



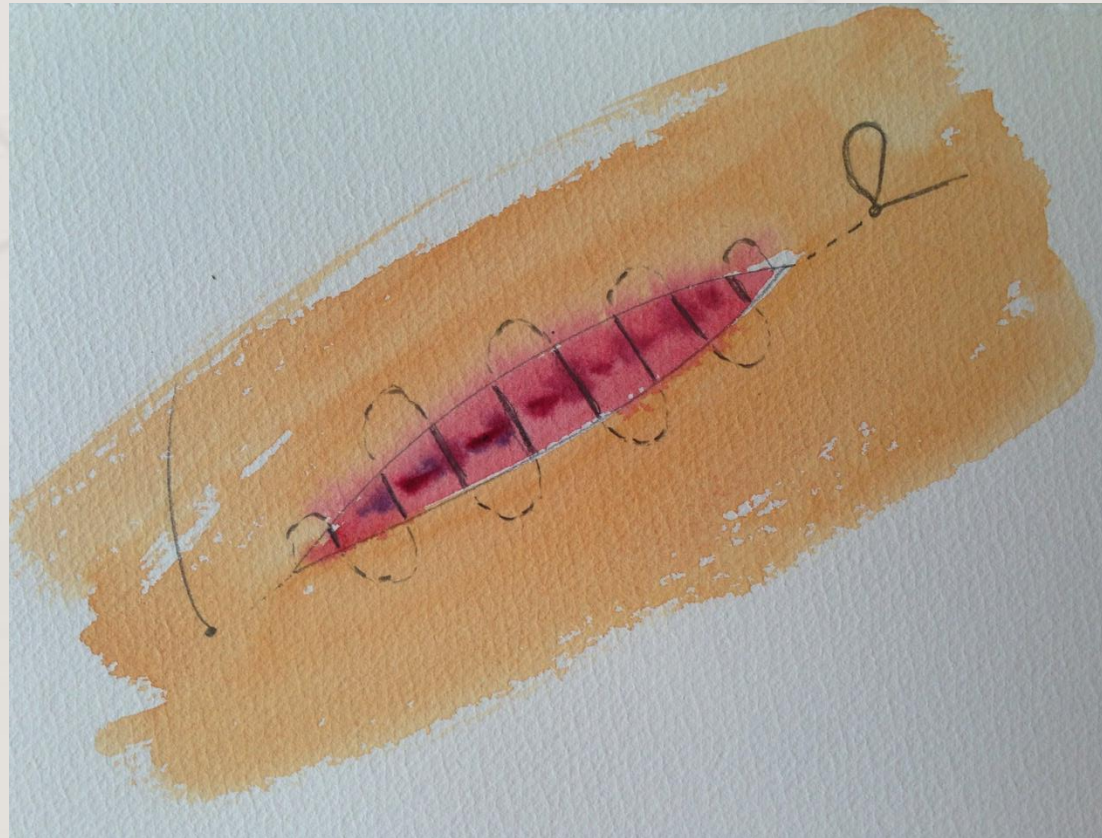
Types of Suturing Styles

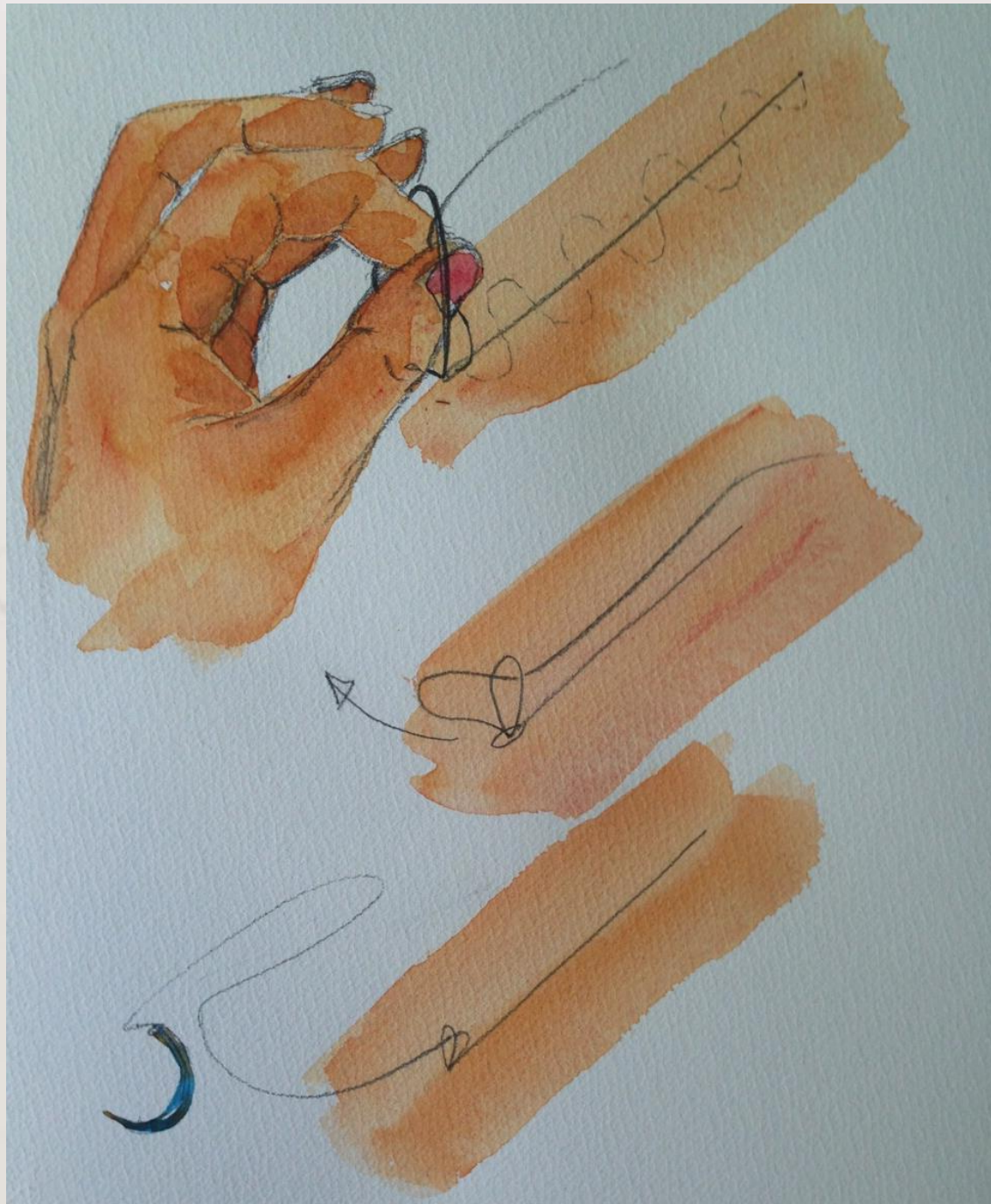
- Mattress



Types of Suturing Styles

- Subcuticular





Tricks



Dressing

- Steristrips along wound take the tension off
- Some may require pressure dressing for a couple of days
- Skin adhesive may help with dressings to stick
- Micropore
- Suture guide/care of wound guide

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