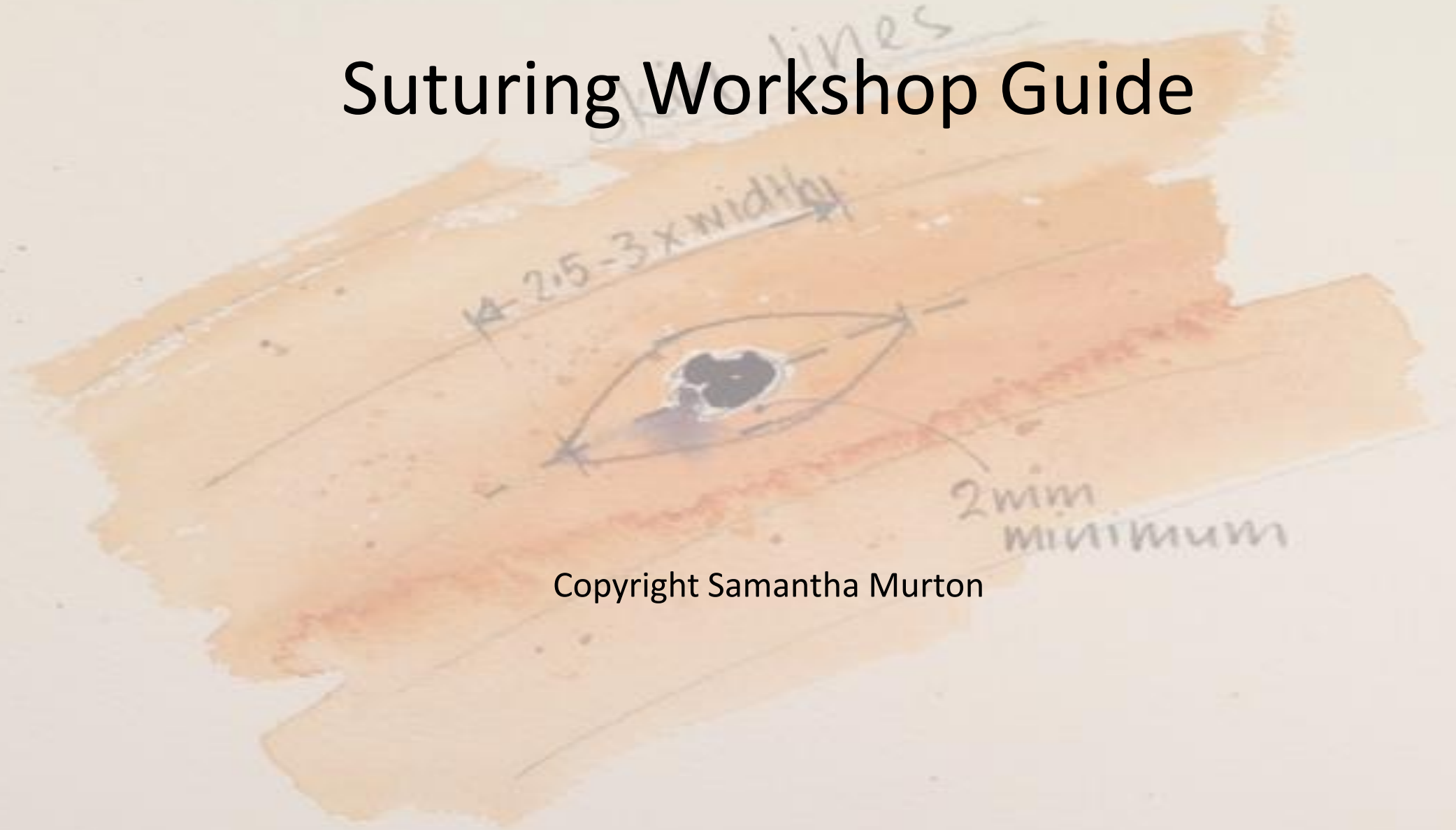


# Suturing Workshop Guide



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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.

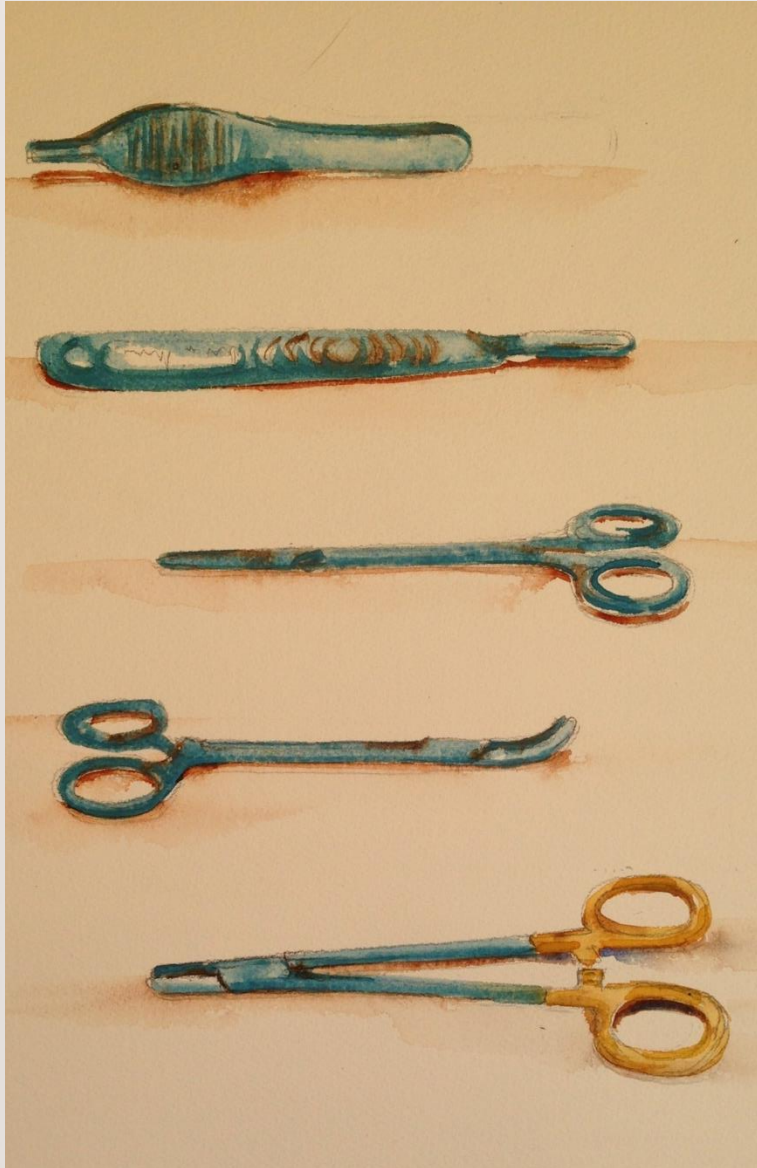
# Preparation

- 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





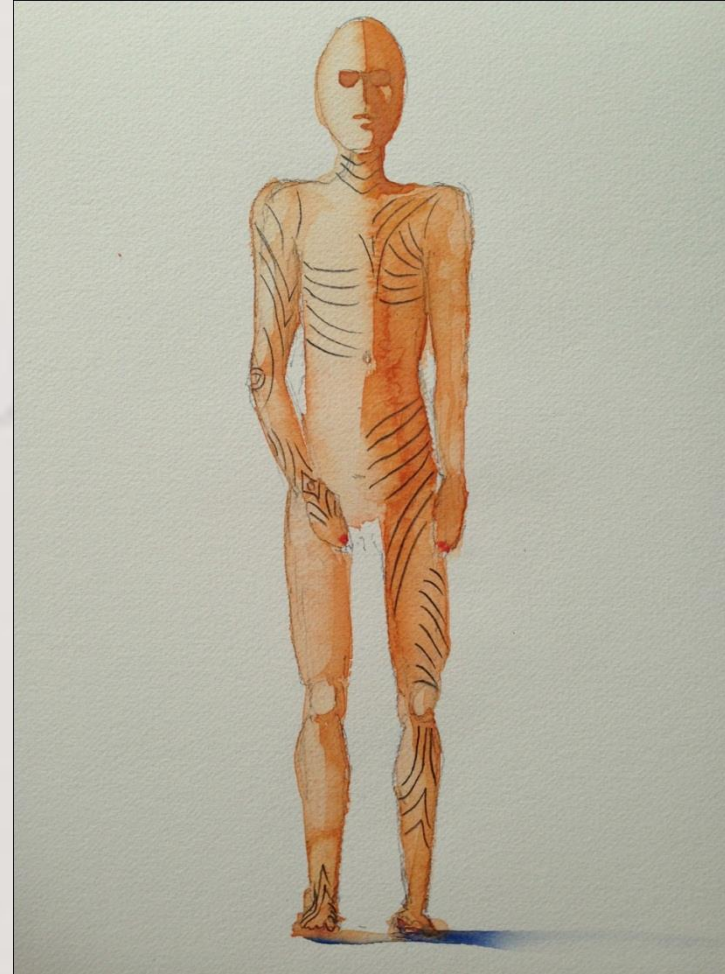
# Don't bend the needle





# 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

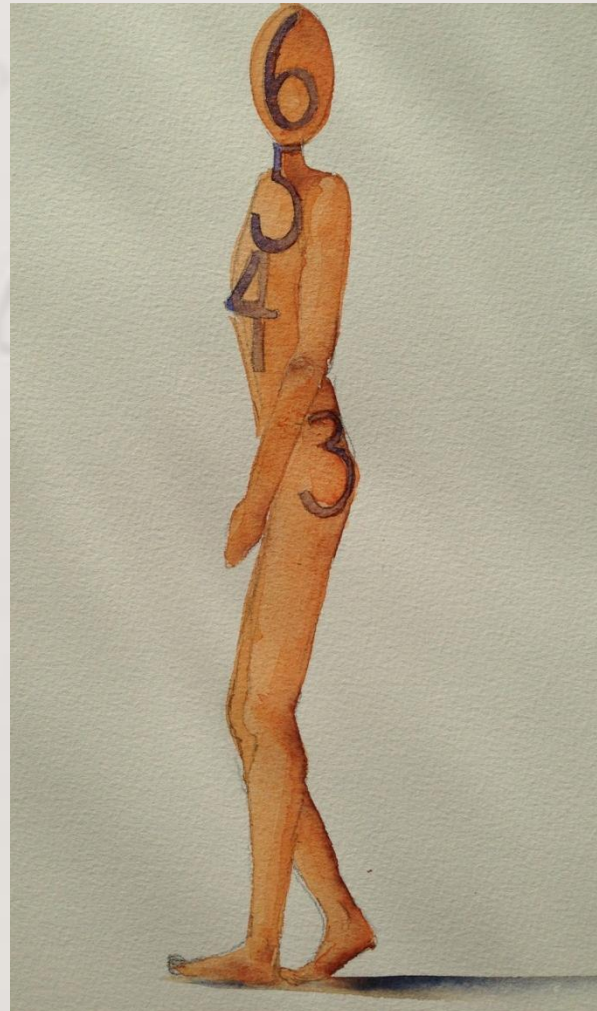
Size of suture

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





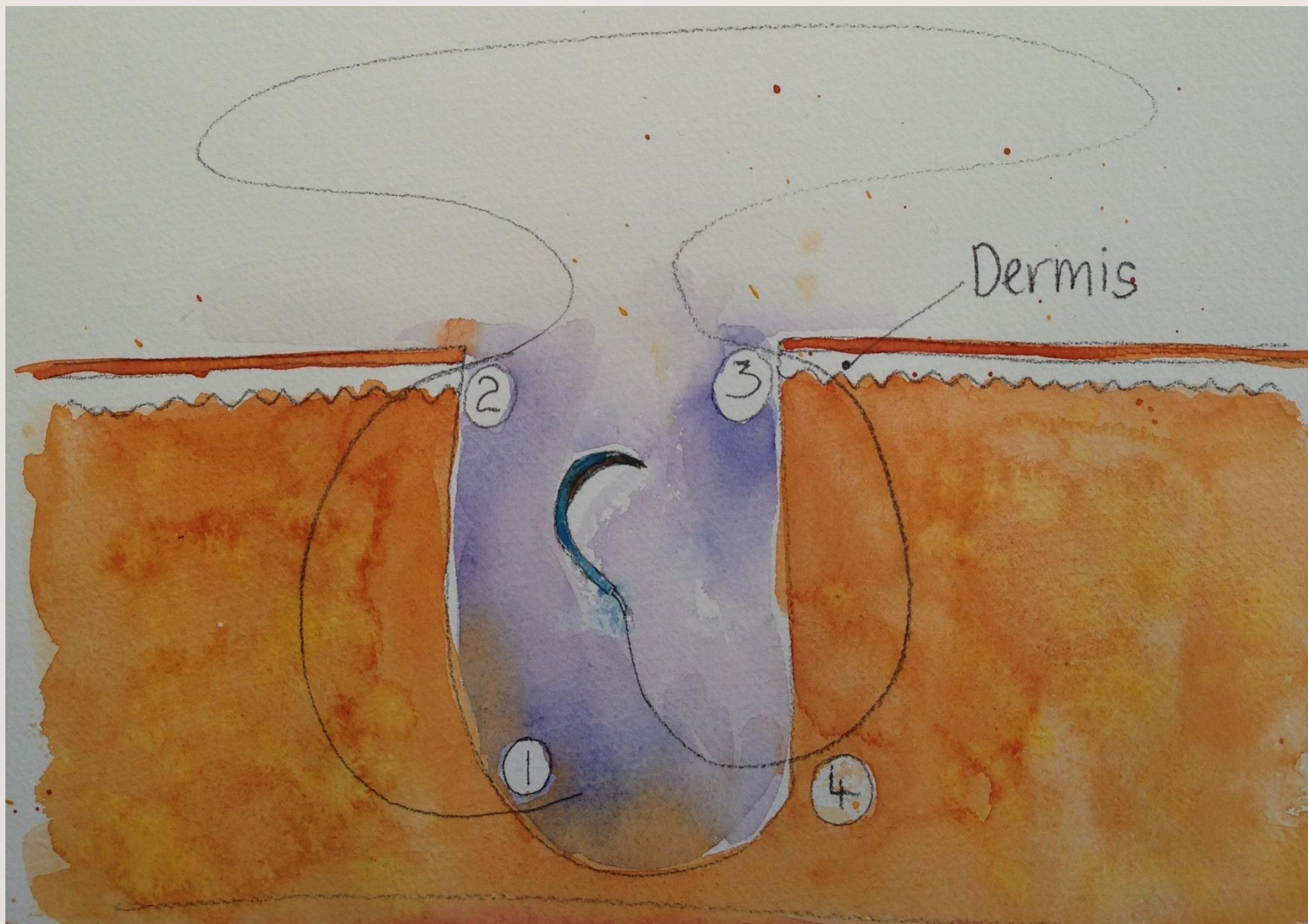
# Getting Started

- “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)





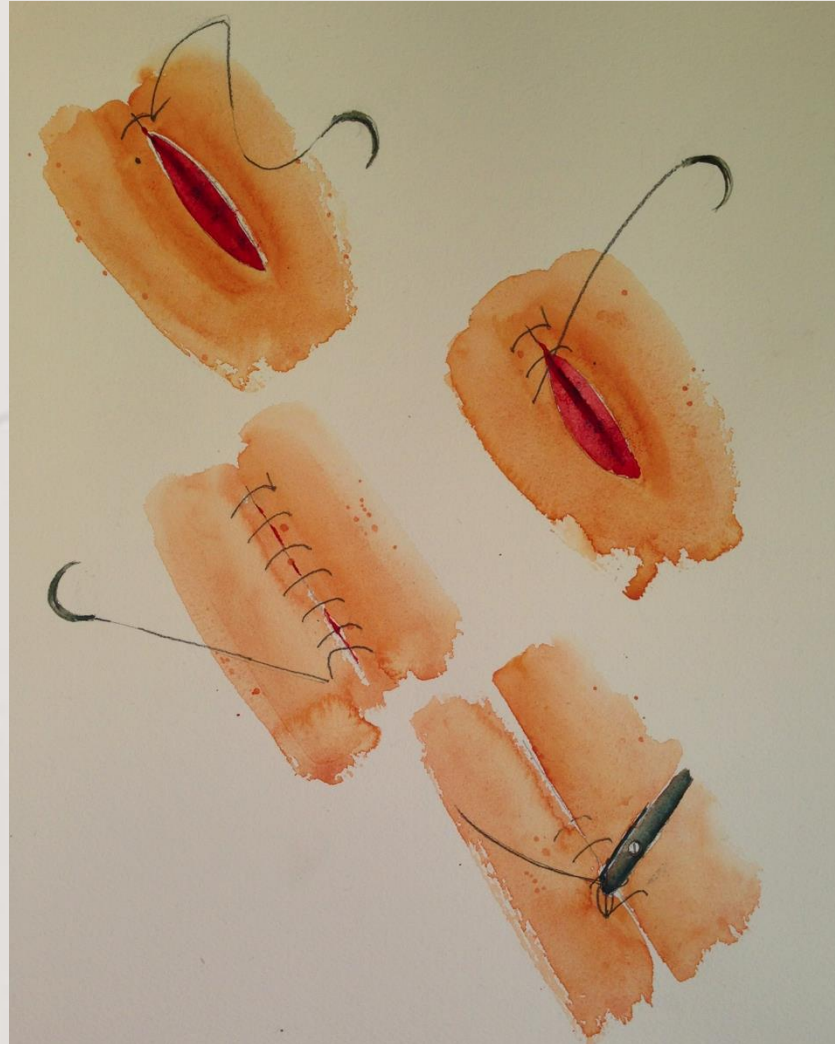
# Types of Suturing Styles

- Interrupted



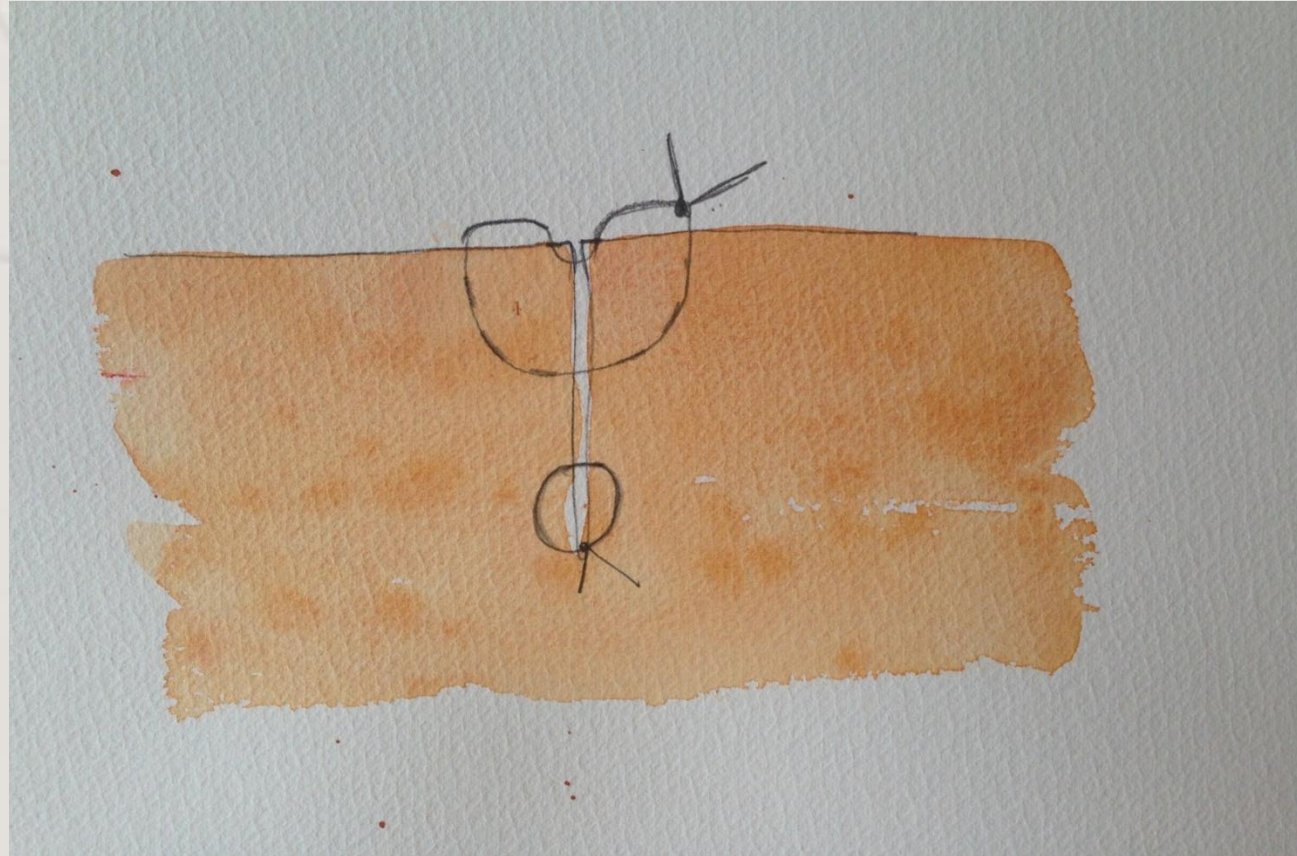
# Types of Suturing Styles

- Running



# Types of Suturing Styles

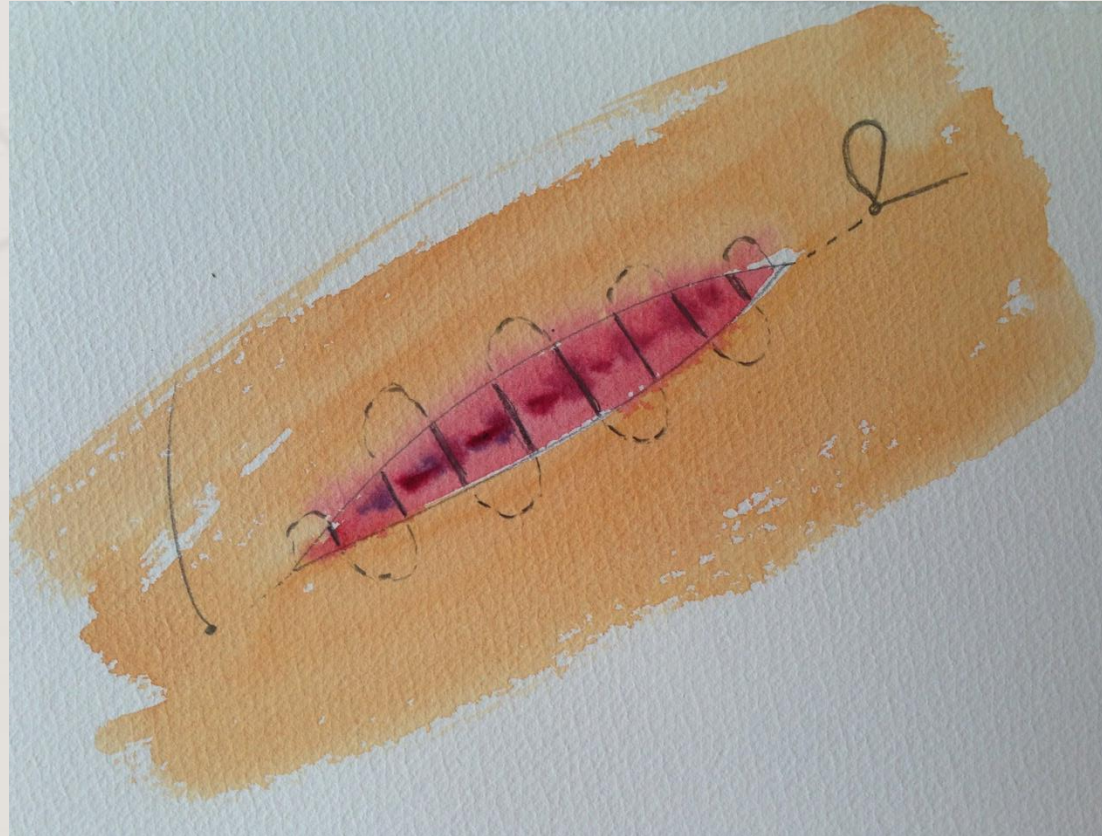
- Mattress



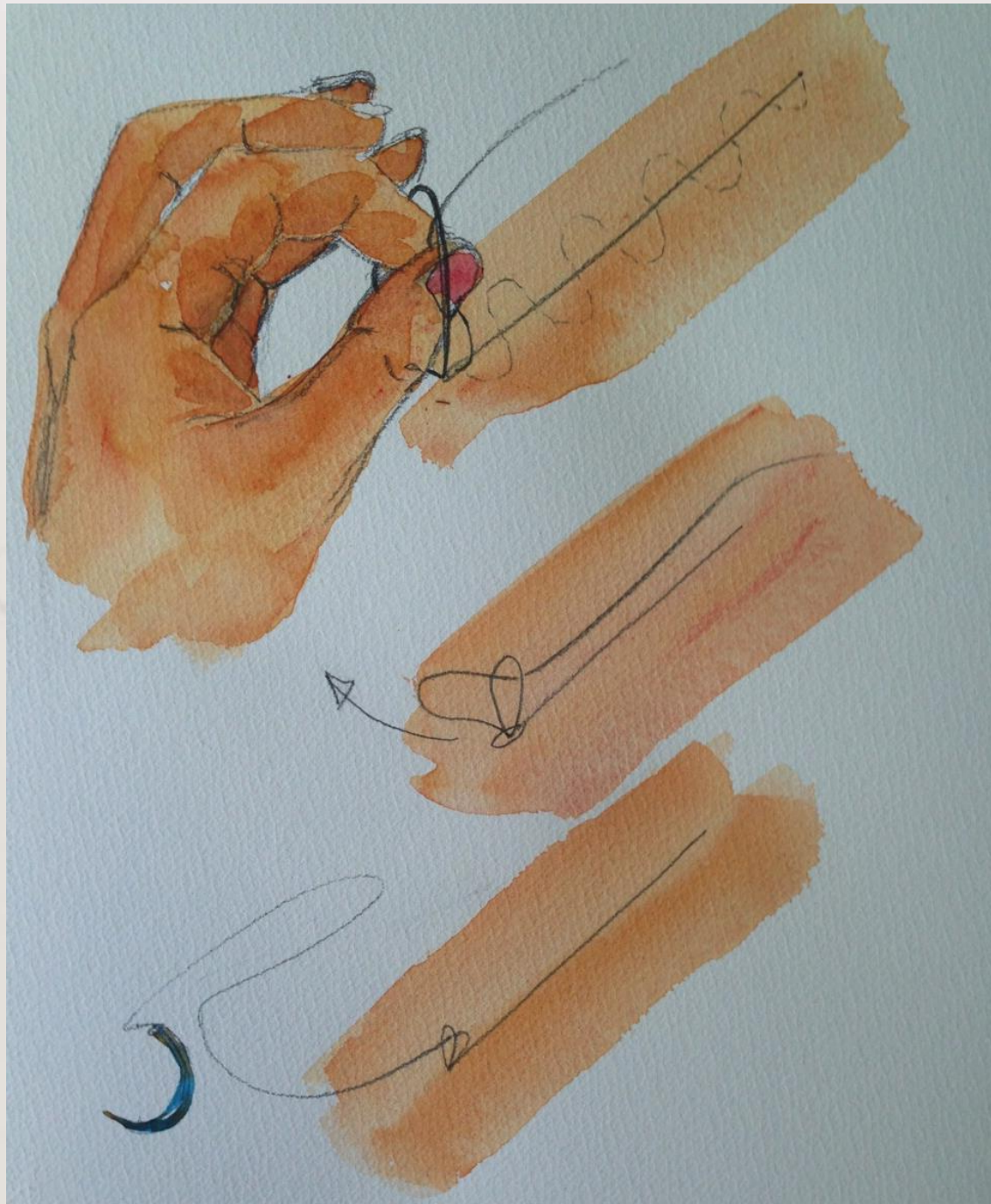


# Types of Suturing Styles

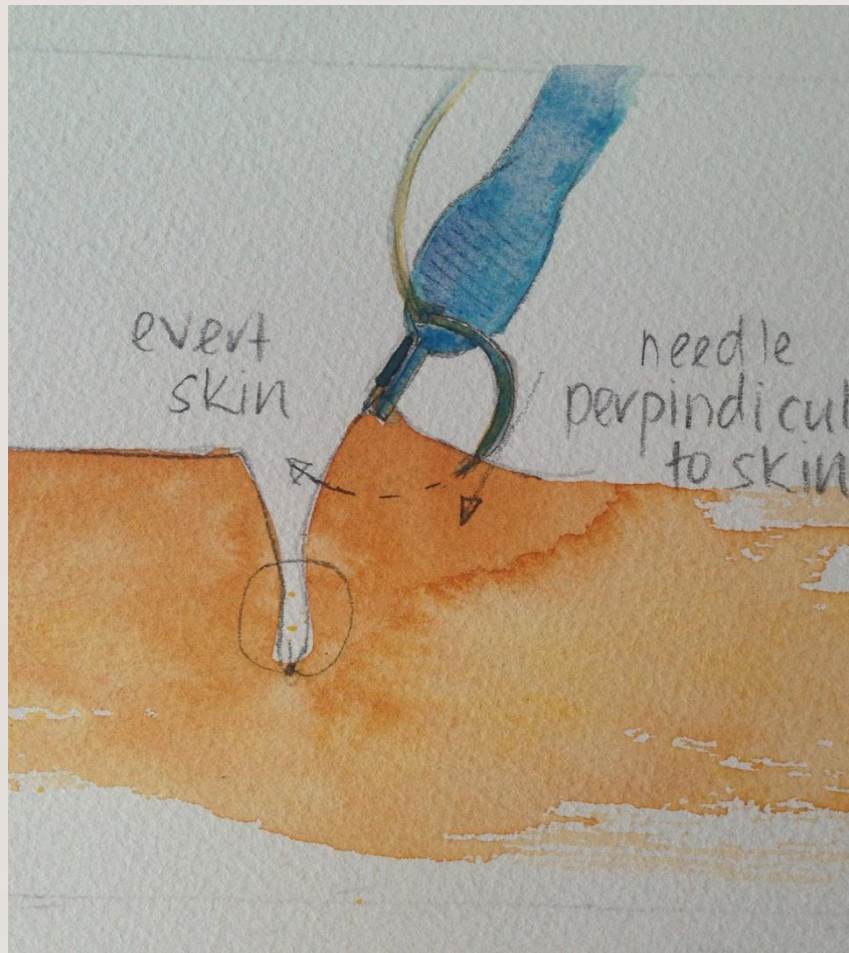
- Subcuticular







# 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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