Suturing – The Basics

Denise Ramponi, DNP, CRNP, FAEN

Objectives

1. Describe the important components in evaluation of lacerations.
2. Discuss the pharmacological agents and methods for anesthesia
3. Describe, demonstrate and practice simple interrupted suturing methods

Outline

- Wound evaluation & preparation
  - Determine length and depth of lacerations
  - Clean versus contaminated
  - Delayed closure
  - Foreign body identification methods
  - Appropriate use of x-rays
  - Wound cleansing and irrigation

- Practical Suture Hints
  - Instruments
  - Positioning
  - Lighting
  - Where to begin
  - Comfort for you and patient

- Local anesthesia
  - Types of local anesthetics
  - Esters vs. amides
  - Topical anesthesia
  - Reducing pain with infiltration
- Epinephrine considerations
- Alternative strategies; allergies, etc.
- Vapocoolants
- Digital Blocks
  - Traditional
  - Transthecal methods
- Suture material choices and selection
  - Absorbable
  - Non-absorbable
  - Size & type
  - Tensile strength
  - Needle size and selection
- Suturing techniques
  - Wound eversion
  - Best cosmetic results
  - Skin tension lines
  - Knot security
  - Surgeon’s knot
  - Simple interrupted suturing
- Other methods of closure
  - Staples
  - Dermabond
  - Tissue adhesives
  - Steri-strips
- Special considerations
- Dog bite lacerations
- Nail bed lacerations
- Through and through lacerations of mouth

**After care**

- Suture or staple removal
- Wound care