Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Suturing Lab**

Materials: Banana (1/2 per student)

 Dental Floss (approx.: 10 inches per wound)

 Needle Holder

 Curved Needle

Knife

 Forceps (if needed to pull skin away from wound)

Procedure:

1. Obtain a banana, this will be your mock patient. Cut it in half and give the other half to another student to practice on.
2. Give your patient two, two inch cuts through their dermal layer only. One should be on the top of the patient while one is on the bottom.
3. Write your name on the side of your patient’s skin in permanent marker for grading purposes.
4. Thread your suture material (floss) through your needle. You will need approximately 10 inches of floss per wound – modify as needed. Tie a square knot to hold material in place.
5. Grasp the needle with the needle holder using proper holding technique.
6. **Continuous Stiches:** Begin your sutures slightly before your wound. Tie a square knot on your first incision. Continue with a non-interrupted stitch throughout the length of the wound. Finish with a square knot and cut off excess ends.
	1. Proper sutures will:
		1. Be uniform in distance
		2. Showcase knots at both ends
		3. Show tightness in suture material.
		4. Extend the whole length of the wound.
7. Flip your patient over.
8. **Non-Continuous Stiches:** Begin your sutures slightly before your wound. Tie a square knot on your first suture. Continue with interrupted stiches throughout the length of the wound. Cut off excess ends.
	1. Proper sutures will:
		1. Be uniform in distance
		2. Showcase knots at both ends
		3. Show tightness in suture material.
		4. Extend the whole length of the wound.
9. **Purse String Stiches:** Begin your sutures slightly below your wound. Tie a square knot on your first suture. Continue with non-interrupted stiches throughout the length of the wound. Pull slightly to close tying square knot at end.
	1. Proper sutures will:
		1. Be uniform in distance
		2. Showcase knots at both ends
		3. Show tightness in suture material.
		4. Extend the whole length of the wound.
10. Turn your patient in on the front counter. Clean up your lab area and answer the lab questions.

**Lab Questions:** Be complete and detailed to earn full credit.

1. Why are sutures are used?
2. What should be used to prepare the surrounding area?
3. What kind of needle should be used for suturing? Why? Hypothesize what would happen if a different needle type was used.
4. Describe to a friend, how to hold a needle holder properly.
5. Compare and contrast absorbable and non-absorbable suture materials.
6. Name four types of non-absorbable suture materials.
7. What is the function of a forceps in suturing?
8. Give detailed directions on how to perform a non continuous suture.
9. Give detailed directions on how to perform a continuous suture.
10. Describe a purse-string suture and describe what it is typically used for.
11. What would be done differently for an animal patient rather than our banana patients? Why?
12. Reflect on your success or lack there of in suturing. Did you find this simple? Complex? Challenging? Fun? Why?
13. Any suggestions for the next time this lab is done?

*\*Should you finish early consider how you could take your suturing knowledge to the next level. Consider making your own how to suture video on the ipads, finding a new or different material to suture or practicing with your non dominant hand.*