

Wound care and suture

Tools: Needle driver, forcep, scalpel, straight clamp, sterile cover, syringe, local anesthetic agent, antiseptic agent, sterile gloves, suture material, sterile pads, tapes

STEPS

1. Wash hands
2. Control the suture materials
3. Confirm patient name and date of birth
4. Introduce yourself to the patient
5. Explain the procedure to the patient
6. Obtain the informed consent from the patient
7. Ensure privacy of patient
8. Assist patient to a comfortable position
9. Cleanse and irrigate the wounds from foreign bodies
10. Open sterile materials to be used properly
11. Put on sterile gloves
12. Fix sterile pad to straight clamp, pour antiseptic agent to the pad then clean the edge of wound from the center to the periphery with circular movements
13. Cover up the wound area by sterile hole cover
14. Withdraw required amount of anesthetic solution to syringe
15. Tell the patient that the procedure to be started
16. Inject agent at the inner wound edge
17. Load the needle between the apex of its curvature and $\frac{2}{3}$ the distance from from the needle tip
18. Straighten out the suture and pierce the skin surface with the needle perpendicular to the skin
19. Supinate your wrist so that the needle passes through the dermis and rises out of the midline of the wound.
20. Use your forceps to hold the needle whilst you release your needle holder and grasp the needle in the same place with your needle holder. Then pull the needle. (outside in).

21. Lift the opposing skin edge gently with your forceps. Use the curvature of the needle and supinate your wrist to move the needle through the skin (inside out)
22. Use your forceps to grasp the needle and pull it through the skin. You should continue to follow the curvature of the needle as it travels through the skin. Pull the suture through until there is 3 cm of suture on the opposite side.
23. Throw the knot by the help of the forceps
24. Insert the remaining sutures 1 cm apart from each other depending on the size of the wound.
25. Clean the wound with antiseptic agent after completion of suturing
26. Cover sterile pad over the wound with the help of tapes as frame-like
27. Pick up material
28. Discard gloves
29. Wash your hands

Suture Removal

1. Wash your hands
2. Explain the procedure to the patient
3. Ensure privacy of patient
4. Assist patient to a comfortable position
5. Put on gloves
6. Take off dressing over the wound
7. Wipe out the wound with antiseptic agent
8. Hold up suture by lifting with forcep
9. Cut down one crus of suture by placing scalpel between the ring of suture and skin
10. Extract held suture with forcep by pulling upward and outward
11. Re-clean the wound with antiseptic agent after completion of removal suture
12. Pick up material
13. Discard gloves
14. Wash your hands

