

# Wound Management

Non-Physician Suturing?

Which Wounds do you not Close?

Wound Cleansing

Suture Materials and Techniques

**Who Will Suture?**

# Don't Close These Wounds

- Any wound that can not be adequately cleaned.  
Especially at its deepest point.
- Deep wounds with significant tissue destruction.  
Especially crush type wounds.
- Bite wounds.
- Old wounds.
- Wounds that have occurred in contaminated water?

# Wound Cleansing

- No Soap
- No Peroxide
- No Betadine (10%)
  
- No Soaking

# Wound Cleansing

- Normal Saline 250ml
- Spray on wound at a pressure of about 20 PSI
  - (30ml syringe with 18 G needle over 7 seconds)

# Wound Cleansing

- Explore the wound to its depth.
- Remove foreign bodies and/or dead tissue
- Anesthetize wound for thorough cleansing if necessary
- Cleanse surrounding skin with betadine

# Anesthesia

- Lidocaine 1% (max dose 30 ml)
- Epinephrine?
  
- 30 G needle
- Inject slowly
- Inject through wound

# Anesthesia

- Local vs. Nerve Block

# Wound Care

- Avoid tissue damage to wound when suturing .  
Be careful with the forceps.
- Sharply remove dead tissue.
- Consider using skin hooks.

# Wound Care

- Don't Shave any hair!!!!
- Do Not use a razor!!!!
  - Use of a razor increases the risk of wound infection
  - It is OK to trim hair with scissors if it is in your way

# Needle Types

- Cutting
- Reverse-Cutting
- Non-cutting

# Suture Type

- Monofilament

  - Silk

- Vicryl/Dexon/Gut

# Closure Principles

- Approximate, Don't Strangulate!
  - Evert wound edges.
  - Tie square knots.

# Dressings

- Antibiotic Ointment?
  - Always on the face.
  - Extremities?
- Non stick telfa.
- Keep Dry?

# Other Closure Options

- Staples
  - Fast
  - Non-Reactive
  
- Adhesive Tapes – Butterfly
  - Don't hold well enough for primary closure
  - Can be useful after suture removal

# Suture Removal

- Face – 3 to 5 days
- Scalp/Trunk - 7 to 10 days
- Hands/Feet – 10 to 14 days

# Patient Education

- Discuss wound care.
- Infection risk, signs and symptoms.

# Summary

- Who will be suturing?
- Clean and explore the wound.
  - Anesthesia
  - Suture Techniques