



EPISIOTOMY SUTURING SIMULATORS

For use with midline episiotomy simulator (LF00691U),
left mediolateral episiotomy simulator (LF00692U), and
right mediolateral episiotomy simulator (LF00693U)

INSTRUCTION MANUAL



Life/form® Products by Nasco

About the Simulators...

The **Life/form**® Mediolateral & Midline Episiotomy Suturing Simulators have been designed to demonstrate and practice the procedure of suturing an episiotomy. The anatomy of the surrounding area has been reproduced to provide as lifelike an appearance as possible. Standard instruments can be used to do the suturing.

Internal Structure

The simulators are made of suturable material to provide lifelike experiences for students. The material is easy to suture, but tough enough to withstand hundreds of practice hours.

Procedures that can be Performed on the Simulators

The procedure for suturing an episiotomy can be performed using standard instruments.

Materials needed:

1. Needle holder
2. Suture (00 or 000 chromic catgut)
3. Scissors

General Instructions for Use*

1. It is recommended that the deep sutures be placed first. Therefore, evenly place three interrupted sutures into the perineal incision.
2. Complete the repair by beginning 1 cm above the vaginal apex with a stasis structure. After tying this suture, cut the short end only and continue on with locked mattress sutures to the introitus.
3. Next, insert the needle down into the perineal subcutaneous tissue, just in front of the needle exit hole from the last vaginal structure. In this way, the vaginal suturing will not open up.
4. Continue with evenly placed unlocked continuous surgical gut structures. When the last suture is placed, insert the needle subcutaneously, and exit subcuticularly (1 cm below the epithelium) at the posterior apex of the perineal incision.

5. Begin subcuticular structures, alternating sides until the introitus is reached again. The suture can be tied off at this point with one last lateral suture to make a tail of the suture with which to tie.
6. Taking the last subcuticular suture back under the hymenal ring into the vagina, one last lateral suture between previously placed mattress sutures can also be done to end the repair. (In this way, the knot will not rub on the perineal pad and cause discomfort to a real woman's episiotomy.)

*This is only one method, other methods are also acceptable.

Care of Simulators...

Normal soil accumulated on the surface of the simulators can be removed with mild soap and lukewarm water.

Solvents or corrosive materials will damage the simulators. Never place on any kind of printed material, paper or plastic. These materials will transfer indelible stains. Ball point pens will also make indelible stains.

Other Available *Life/form*® Simulators

- LF00698U** Adult Injectable Arm (White)
LF00855U Male Catheterization
LF00856U Female Catheterization
LF00901U Prostate Examination
LF00906U Ostomy Care
LF00929U Surgical Bandaging
LF00957U Enema Administration
LF00958U Pediatric Injectable Arm
LF00961U Intramuscular Injection
LF00984U Breast Examination
LF00995U Arterial Puncture Arm
LF00999U Pediatric Injectable Head
LF01005U First Aid Arm
LF01008U Intradermal Injection Arm
LF01012U Heart Catheterization (TPN)
LF01019U Ear Examination
LF01027U Peritoneal Dialysis
LF01028U Suture Practice Arm
LF01034U Suture Practice Leg
LF01036U Spinal Injection
LF01037U Hemodialysis Practice Arm
LF01038U Episiotomy Suturing Set
LF01042U Suture Kit
LF01062U Pelvic, Normal & Abnormal
LF01063U Stump Bandaging, Upper
LF01064U Stump Bandaging, Lower
LF01069U Cervical Effacement
LF01070U Birthing Station
LF01082U Cricothyrotomy
LF01083U Tracheostomy Care
LF01084U Sigmoidoscopic Examination
LF01087U Central Venous Cannulation
LF01095U Blood Pressure Arm
LF01108U Infant Intraosseous Infusion
LF01121U Advanced IV Arm
LF01131U Venipuncture and Injection Arm
LF01139U Advanced IV Hand
LF01142U Auscultation Trainer
LF01143U Testicular Exam
LF01152U Male & Female Catheter
LF01155U Advanced CPR Dog
LF01162U Venatech IV Trainer
LF01174U NG Tube & Trach Skills
LF01184U Venatech IM & Sub Q
LF01193U Special Needs Baby
LF03000U **CPARLENE**® Series
LF03601U Adult Airway Management Trainer with Stand
LF03602U Adult Airway Management Manikin
LF03609U Child Airway Management Trainer with Stand
LF03616U Child **CRiSis**™ Manikin
LF03617U Deluxe Child **CRiSis**™ Manikin with Arrhythmia Tutor
LF03620U PALS Update Kit
LF03623U Infant Airway Management Trainer with stand
LF03632U Child Intraosseous Infusion/Femoral Access Leg on a Stand
LF03633U Child Airway Management Trainer Torso
LF03693U **Basic Buddy**™ CPR Manikin
LF03699U "Airway Larry" Airway Management Trainer
LF03709U Infant **CRiSis**™ Manikin
LF03720U **Baby Buddy**™ Infant CPR Manikin
LF03750U Fat Old Fred
LF03760U Airway Management/Cricoid Pressure Trainer
LF03770U Chest Tube
LF03953U **CRiSis**™ Manikin, complete
LF03955U Deluxe **CRiSis**™ Manikin
LF03956U Deluxe "Plus" **CRiSis**™ Manikin
LF03965U Adult **CRiSis**™ Auscultation Manikin
LF03966U Adult **CRiSis**™ Auscultation Manikin with ECG Simulator
LF04000U **GERI**™/**KERI**™ Manikin Series
LF04200U Adult Sternal Intraosseous Infusion
LF06001U **CPR Prompt**® Adult/Child Manikin
LF06012U **CPR Prompt**® Infant Manikin
LF06200U **CPR Prompt**® Keychain Rescue Aid
LF06204U **CPR Prompt**® Rescue and Practice Aid

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