

# Suturing 1<sup>st</sup> degree



## Repair of labia, vagina and perineal skin

Hands-on workshop for midwives, wanting to train suture techniques and competencies  
Completion of this workshop is presupposed when signing up for the 2<sup>nd</sup> -degree workshop

**Duration: 2 hours hands-on workshop**

### Preparation BEFORE the workshop: 1,5 hours online learning

The online course material is free to access during a 7-day trial period.

Watch the GynZone e-learning course on "Labia repair" (1,5 hours)

<https://my.gynzone.com/courses/8-suturing-of-the-labia>

### Instrument handling and instrument-tied knots

- Surgical knot, technique 2-1-1-1
- Needle holder: 3-point fixation and good ergonomics
- Forceps: Anatomical and surgical forceps

### Interrupted stitches

- Interrupted stitches are practised on labia repair model
- Interrupted stitches used as traction sutures

### Continuous stitches for repair of vaginal and labial lacerations

- Continuous stitches are placed on vaginal repair model
- Continuous stitches are placed on labial repair model

### Recommendations for maximal impact AFTER the workshop

Keep training – practice makes perfect ☺

Assist a colleague or student with her suturing and evaluate your work

### Time and place

This workshop takes place in Aarhus September 2022.

Location: Musikhuset Aarhus, Thomas Jensens Allé, 8000 Aarhus C.

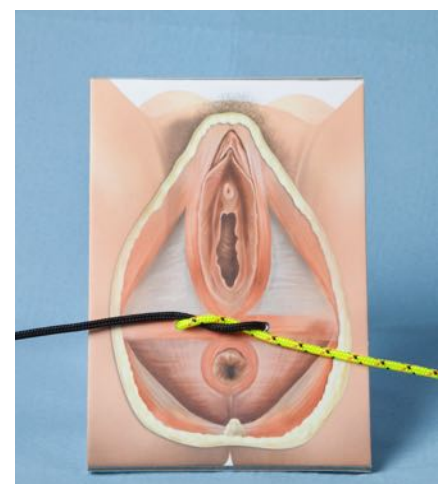
A maximum of 20 participants is allowed to secure individual supervision

Free for NLNB2022 delegates on a first-come-first-served basis.

Sign up as you register for the conference here: <https://nlnb22.com/workshop>



Labia repair



Knot-tying trainer