

# Arnie Weiss' - Rules of Suturing

## Suture Rules -

1. Go as far back + as deep as the skin is thick
2. Mark the edges + approximate 1<sup>st</sup> (Avoid mismatch of edges)

Eyes - match the landmark 1<sup>st</sup> + start there

conjunctiva - 6/0 chromic

Tarsal plate - 6/0 Vicryl or Dexon

Skin 6/0 Prolene

Ears - match + start with landmark

cartilage 4/0 Vicryl or Dexon

Skin 6/0 Prolene

5/0 or 6/0 Chromic in postauricular crease to avoid suture removal.

Nose - match edges + start in cartilage

cartilage 4/0 Vicryl or Dexon

Mucosa 6/0 chromic

Skin 6/0 Prolene

Lips - tongue Mouth - match the edges - start there

Mucosa 4/0 or 5/0 Chromic on tongue  
5/0 or 6/0 on Lip mucosa.

Skin 6/0 Prolene

Muscle 4/0 Vicryl

# Closure of skin wounds

Local - no epinephrine on fingers toes penis (OK on nose)

Suture - Local reaction

skin	<p><u>Good</u></p> <p>Polypropylene Nylon etc Stainless steel</p>	<p><u>BAD</u></p> <p>Silk Cotton</p>

Steri Strips - Good for long term support

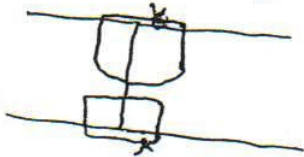
Glue ± knot depends on area - only good for No! ~~low~~ tension areas

Suture marks - cause

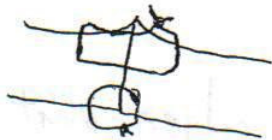
1. too much tension
2. Leaving in too long (over 7 days → marks)

- Face 5-7 days
- Trunk 7-8 days
- Feet 10-14 days
- Back 7-10 days

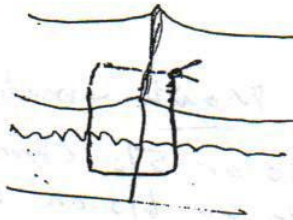
Simple Interrupted



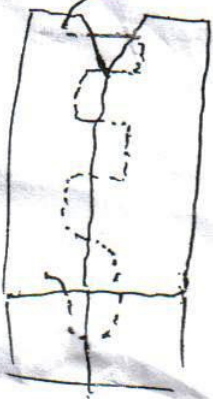
Vertical Mattress



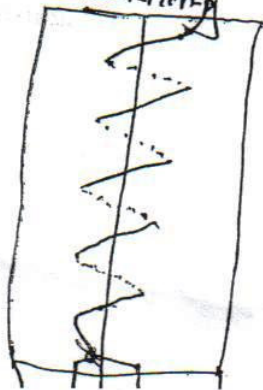
Horizontal Mattress



Buried SQ. Running



Simple Running



Half Buried mattress for tip of flap -

