

## Instruments

| Instrument              | The giveaway                                              | Instrument            | The giveaway                                                                 |
|-------------------------|-----------------------------------------------------------|-----------------------|------------------------------------------------------------------------------|
| Lister bandage scissors | <b>Blunt probe tip:</b> slides safely under a dressing    | Kelly forceps         | 6—7 inches: larger vessels                                                   |
| Suture scissors         | Blade has a <b>beak or hook</b> to slide under the suture | Needle holder         | Jaws <b>shorter and stronger</b> than a hemostat's                           |
| Operating scissors      | 5—6 inches, curved or straight                            | Allis tissue forceps  | Finer, shallower, rounder teeth: delicate tissue                             |
| Scalpel handle No. 3    | Standard; No. 3L and No. 7 for deeper cavities            | Tenaculum             | Sharp hooklike teeth: holds the cervix                                       |
| Scalpel blade No. 15    | The common one; 10, 11 and 12 are specialty               | Foley catheter        | Indwelling; a balloon inflated with sterile solution holds it in the bladder |
| Mosquito forceps        | 4 inches: very small vessels                              | Red Robinson catheter | Soft rubber, temporary: drainage or a specimen                               |

**Ratchets** lock the instrument, most at three or more positions. **Serrations** stop tissue slipping. Tissue forceps are named by their intermeshing teeth: 1×2, 2×3, 3×4.

**Catheters come in 8 to 32 French.** One French is about 0.33 mm, so  $\text{French} \div 3 = \text{diameter in mm}$ ; **the higher the number, the larger the lumen.**

## The sterile field

*Everything sterile is white, and everything that is not sterile is black. There is no gray.*

- ✓ A 1-inch border around the tray edge is contaminated
- ✓ **Sterile only at table level:** anything below the Mayo tray edge is contaminated
- ✓ **Keep gloved hands above the waist**
- ✓ **Never turn your back on the field,** and never remove and replace an item
- ✓ **Wet, cut or torn means contaminated.** A dropped package is discarded
- ✓ **If in doubt, it is contaminated**
- ✓ **Pass a scalpel blade—down,** handle to the provider; wait to feel them take it before letting go

| Exudate         | Looks like                                  |
|-----------------|---------------------------------------------|
| Sanguineous     | Thick, bright red                           |
| Serous          | Thin, watery, clear or yellow               |
| Serosanguineous | Pink, between the two                       |
| <b>Purulent</b> | Thick, yellow/green/brown: <b>infection</b> |
| Seropurulent    | Thinner, cloudy: <b>infection</b>           |

**Wound healing:** hemostasis → inflammatory (1—4 days) → proliferation (5—20 days) → remodeling (day 21 on). Roller bandages go **distal to proximal**; check **CMST**: color, movement, sensation, temperature.

## Sutures and closure

- ✓ **Absorbable:** catgut (largely replaced), Vicryl, Dexon, PDS, Maxon. **Non-absorbable:** silk, Dacron, Prolene, surgical steel, nylon
- ✓ **Sizing:** below 0 is written as “aught” (2-0). **More zeros means thinner:** 2-0 is thinner than 0, which is thinner than 2. The office uses 6-0 through 2-0
- ✓ **Needles:** **taper** point for delicate tissue, **cutting edge** for skin. **Swaged** means the suture is attached with no eyelet, causing least trauma

| Site                        | Remove sutures at |
|-----------------------------|-------------------|
| Face                        | 5—7 days          |
| Neck                        | 7 days            |
| Scalp                       | 10 days           |
| Trunk and upper extremities | 10—14 days        |
| Lower extremities           | 14—21 days        |

Surgical staples stay 7—14 days. Tissue adhesives (Dermabond, Histoacryl, SurgiSeal) suit facial lacerations and children.