



Suture, Postoperative, Healthy

Ingredients

Flesh-colored Gelefects
 2 inch × ½ inch strip bridal
 netting, flesh-colored or
 clear
 2-0 chromic suture or black
 thread
 Pink blush makeup

Equipment

Cotton swabs
 Hotpot
 Masonite board
 Minifan
 Paper towel
 Scalpel or palette knife
 Scissors
 Sewing needle with medium-
 sized eye
 Thermometer

Designer Skill Level: Advanced

Objective: Assist students in recognizing the difference between a healthy and a compromised surgical incision, the symptoms that may accompany a postoperative suture, and the appropriate interventions and wound management.

Appropriate Cases or Disease Processes

Stitches
 Surgical
 Surgical scars, healed
 Wounds, healed

Set the Stage

Depending on the surgery, a postoperative suture may cause considerable pain and discomfort. Surgical sites should be monitored closely during the first several days to watch for possible complications and to ensure wound integrity.

Place a gray-haired wig and reading glasses on simulator. Age a hard set of teeth

to show slight decay between each tooth, as appropriate for an older person (see: Teeth, Aged). Using a makeup sponge or your fingers, liberally apply white makeup to the face of simulator, blending well. Add a small amount of light blue eye shadow to the area under the eyes to create dark circles. Lightly spray the forehead, upper lip, and chin of simulator with premade sweat mixture. Using double-sided tape, secure the Gelefects suture to the lower abdomen of simulator, in a vertical position, approximately 2 inches below the navel. Using large blush brush, apply pink blush in a circular pattern to the suture and immediate surrounding suture area. Cover the wound with a clean wound dressing.

Patient Chart

Include chart documentation that highlights patient history, surgical procedure, and wound site.

Use in Conjunction With

Odor, foul
Teeth, aged
Vomit, yellow-grainy

In a Hurry?

Healthy sutures can be made in advance, stored covered in the freezer, and reused indefinitely. Allow the wound to come to room temperature at least 5 minutes before proceeding to Set the Stage.

Cleanup and Storage

Gently remove the healthy suture from simulator, taking care to lift gently on skin edges while removing the suture

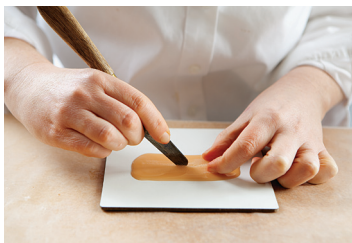
and tape from the abdomen. Store the healthy suture on a waxed paper-covered cardboard wound tray. Sutures can be stored side-by-side, but they should not touch to avoid color transference. Loosely wrap wound trays with plastic wrap. Using a soft cloth lightly sprayed with a citrus oil-based cleaner and solvent, wipe away makeup from under the eye area, the face, and the abdomen of simulator. Lightly spray a toothbrush with a citrus oil-based cleaner and solvent, and brush the teeth, concentrating on creases between teeth to remove embedded makeup color. Rinse the teeth and toothbrush in a warm soapy solution and pat dry with soft cloth. Return wig, reading glasses, and treated wound dressing to your moulage box for future simulations.

Technique



1. Heat the Gelefects material to 140°F. On the laminated board, create a basic oblong-shaped skin piece, approximately 3 inches long × 1 inch wide, using flesh-colored Gelefects material. Working quickly, ,

place a strip of bridal netting centered and lengthwise across the skin piece; let the skin piece sit approximately 3 minutes or until firmly set.



2. Remove the suture from its package, and carefully separate the needle from string with scissors. Safely dispose of the curved needle. Thread the suture string through the eye of a sewing needle and knot.

Using a palette knife or scalpel, gently cut a slit through the center of the netting and skin piece, lengthwise, stopping $\frac{1}{4}$ inch short of the edge of the netting.



3. Very gently, lift the skin piece off the board and invert so that netting is face-down and pulled slightly so that suture opening is slightly ajar. To create skin puckering, add small drops of Gelefects material along

both edges of the suture line; dip your finger in hot water and smooth the Gelefects. Using a paper towel, gently blot at the wound opening to absorb excess water, and place under the minifan for 3 minutes.



4. Using a cotton swab that has been dipped in pink blush makeup, create slight reddening across the suture line by applying makeup to the wound opening and skin puckering. Gently lift the skin piece from the

laminated board; starting underneath the skin piece or on the side with the bridal netting, push the needle through the netting and skin piece, beginning at the far edge. To close the wound opening and create a suture line, gently, yet loosely, pull string up, through, over, and down, staying close to the wound opening to ensure the needle catches the bridal netting in a gentle stitching fashion. Repeat steps until you have made your way across the netting, finishing with the last suture down and tied off on the underside of the skin piece.

5. Flip the wound back over, faceup, and allow to sit at least 10 minutes. Apply additional reddening along the suture line with a cotton swab that has been dipped in pink blush makeup.



Suture, Postoperative, Infectious

Ingredients

1 tsp cream of mushroom soup
 2 inch \times ½ inch strip bridal netting
 2-0 chromic suture, staples or black thread
 Flesh-colored Gelefects
 Red blush makeup

Equipment

Cotton swabs
 Hotpot
 Laminated board
 Minifan
 Palette knife
 Paper towel
 Scalpel or sharp knife
 Sewing needle with medium-sized eye
 Small paintbrush
 Thermometer

Designer Skill Level: Advanced

Objective: Assist students in recognizing the difference between a healthy and a compromised surgical incision, the symptoms that may accompany a postoperative suture, and the appropriate interventions and wound management.

Appropriate Cases or Disease Processes

Stitches
 Surgical

Set the Stage

Depending on the surgery, a postoperative suture may cause considerable pain and discomfort. Surgical sites should be monitored closely during the first several days to watch for possible complications and to ensure wound integrity.

Using a makeup sponge or your fingers, liberally apply white makeup to the face of postpartum birthing simulator, blending well into the hairline. Add a small amount of light blue eye shadow to the area under

the eyes to create dark circles. Lightly spray the forehead, upper lip, and chin of simulator with premade sweat mixture. Using double-sided tape; secure the Gelefects suture to the lower abdomen of simulator, in a horizontal position, approximately 4 inches below the navel. Using large blush brush, apply red blush in a light circular pattern to the suture and immediate surrounding suture area. Cover the wound with a treated wound dressing. *To create a treated dressing:* Brew a cup of green tea and allow it to cool. Remove the tea bag from the cup and express the drainage from the tea bag over a wound dressing. Allow the dressing to dry fully before placing the stained dressing, faceup, on the abdomen of simulator.

Patient Chart

Include chart documentation that highlights patient obstetric history, cesarean section, and surgical site.

Use in Conjunction With

Odor, foul

In a Hurry?

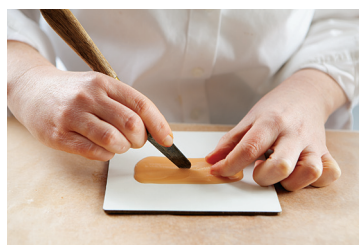
Infectious sutures can be made in advance, stored covered in the freezer, and reused indefinitely. Allow the wound to come to room temperature at least 5 minutes before proceeding to Set the Stage. To refresh wound appearance, use a tiny paintbrush to apply additional cream soup mixture to the corners and inside lip of the wound.

Technique



1. Heat the Gelefects material to 140°F. On the laminated board, create a basic oblong-shaped skin piece, approximately 3 inches long × 1 inch wide, using flesh-colored Gelefects material. While the

skin piece is still in the sticky stage, place a strip of bridal netting centered and lengthwise across skin piece; let the skin piece sit approximately 3 minutes or until firmly set.



2. Remove the suture from its package, and carefully the separate needle from string with scissors. Safely dispose of curved needle. Thread the suture string through the eye of a sewing needle and knot.

Using a palette knife or scalpel, gently cut a slit through the center of netting and skin piece lengthwise, stopping $\frac{1}{4}$ inch short of the edge of the netting.



3. Very gently, lift the skin piece off the board and invert so that the netting is facedown and pulled slightly so that the suture opening is slightly ajar. To create skin puckering, add small drops of Gelefects

Cleanup and Storage

Gently remove the infectious suture from birthing simulator, taking care to lift gently on skin edges while removing the suture and tape from the abdomen. Store the infectious suture on a waxed paper-covered cardboard wound tray. Sutures can be stored side-by-side, but they should not touch to avoid color transference. Loosely wrap wound trays with plastic wrap. Wipe away makeup from under the eye area, the face, and the abdomen of simulator with a soft cloth lightly sprayed with a citrus oil-based cleaner and solvent. The treated wound dressing can be returned to your moulage box for future simulations.

material along both edges of the suture line; dip your finger in hot water and smooth the Gelefects along the suture rim. Using a paper towel, gently blot at the wound opening to absorb excess water, and place the wound under the minifan for 3 minutes.



4. Using a cotton swab that has been dipped in pink blush makeup, create slight reddening across the suture line by applying makeup to the wound opening and skin puckering. Gently lift the skin piece from the

laminated board; starting underneath the skin piece or on the side with the bridal netting, push the needle through the netting and skin piece, beginning at the far edge. To close the wound opening and create a suture line, gently, yet loosely, pull string up, through, over, and down, staying close to the wound opening to ensure the needle catches the bridal netting in a gentle stitching fashion. Repeat steps until you have made your way across the netting, finishing with the last suture down and tied off on the underside of the skin piece.

5. Flip the wound back over, faceup, and allow to sit at least 10 minutes. Apply additional reddening along the suture line with a cotton swab that has been dipped in red blush makeup. Using a tiny paintbrush, apply cream soup mixture to corners of wound opening, stitched suture line, and areas between and around skin puckering.



Ingredients

- 1 tsp cream of mushroom soup
- 2 inch × ½ inch strip bridal netting
- 2-0 chromic suture, staples, or black thread
- Cotton ball
- Flesh-colored Gelefects
- Red Gelefects
- Purple eye shadow
- Red blush makeup

Equipment

- Cotton swabs
- Hotpot
- Laminated board
- Minifan
- Palette knife
- Paper towel
- Scalpel or sharp knife
- Small scissors
- Thermometer
- Tiny paintbrush

Suture, Postoperative, Dehiscence

Designer Skill Level: Advanced

Objective: Assist students in recognizing the difference between a healthy and a compromised surgical incision, the symptoms that may accompany a postoperative suture, and the appropriate interventions and wound management.

Appropriate Cases or Disease Processes

- Stitches
- Surgical

Set the Stage

Depending on the surgery, a postoperative suture may cause considerable pain and discomfort. Surgical sites should be monitored closely during the first several days to watch for possible complications and to ensure wound integrity.

Place a gray-haired wig and reading glasses on simulator. Age a hard set of teeth to show slight decay between each tooth, as appropriate for an older person. Using a

makeup sponge or your fingers, liberally apply white makeup to the face of simulator, blending well. Add a small amount of light blue eye shadow to the area under the eyes to create dark circles. Lightly spray the forehead, upper lip, and chin of simulator with premade sweat mixture. Using double-sided tape, secure the Gelefects suture to the lower abdomen of simulator, in a vertical position, approximately 2 inches below the navel. Using a large blush brush, apply maroon eye shadow in a circular pattern to the suture and immediate surrounding suture area. Cover the wound with a treated wound dressing. *To create treated dressing:* Brew a cup of chai tea and allow it to cool. Remove the tea bag from cup and express

the drainage from the tea bag over the wound dressing. Allow the dressing to dry fully before placing the stained dressing face up on the abdomen of simulator.

Patient Chart

Include chart documentation that highlights patient history, surgical procedure, surgical site, and laboratory values showing increased white blood cells.

Use in Conjunction With

Odor, foul
Teeth, aged
Vomit, yellow-grainy

In a Hurry?

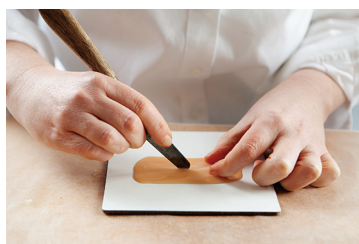
Dehiscence sutures can be made in advance, stored covered in the freezer, and reused indefinitely. Allow the wound to come to room temperature at least 10 minutes before proceeding to Set the Stage. To refresh wound appearance, use a tiny paintbrush to apply additional cream soup mixture to the corners and inside lip of the wound.

Technique

1. Heat the Gelefects material to 140°F. On the laminated board, combine 5 cc of flesh-colored Gelefects material with 3 drops of red Gelefects. Stir the Gelefects material thoroughly with the back of the palette knife to blend, creating a “fleshy pink” color. Allow the mixture to set fully before pulling up and remelting in the 20-cc syringe for later use.



strip of bridal netting centered and lengthwise across skin piece; let the skin piece sit approximately 3 minutes or until firmly set.



Using a palette knife or scalpel, gently cut a slit through the center of netting and skin piece lengthwise, stopping $\frac{1}{8}$ inch short of the edge of the netting.

2. On the laminated board, create a basic oblong-shaped skin piece, approximately 3 inches long \times $1\frac{1}{2}$ inches wide, using flesh-colored Gelefects material. While the skin piece is still in the sticky stage, place a

3. Remove the suture from its package, and carefully separate the needle from string with scissors. Safely dispose of curved needle. Thread suture string through the eye of a sewing needle and knot.

Cleanup and Storage

Gently remove the dehiscence suture from simulator, taking care to lift gently on skin edges while removing the suture and tape from the abdomen. Store the dehiscence suture and cream soup mixture on a waxed paper-covered cardboard wound tray. Sutures can be stored side-by-side, but they should not touch to avoid color transference. Loosely wrap wound trays with plastic wrap. *To remove soup mixture from suture:* Flush with a gentle stream of cold water and pat dry with a paper towel before storing. Using a soft cloth lightly sprayed with a citrus oil-based cleaner and solvent, wipe away makeup from under the eye area, the face, and the abdomen of simulator. Lightly spray a toothbrush with a citrus oil-based cleaner and solvent, and brush teeth, concentrating on creases between teeth to remove embedded makeup color. Rinse teeth and toothbrush in a warm soapy solution, and pat dry with a soft cloth. Return wig, reading glasses, and treated wound dressing to your moulage box for future simulations.



4. Very gently, lift the skin piece off the board and invert so that the netting is facedown and pulled slightly so that suture opening is slightly ajar. To create skin puckering, add small drops of flesh-colored Gelefects along both edges of the suture line; dip your finger in hot water and smooth the Gelefects along the suture rim. Using a paper towel, gently blot at the wound opening to absorb excess water, and place the wound under the minifan for 3 minutes.



5. Using a cotton swab that has been dipped in red blush makeup, create reddening across the suture line by applying makeup to the wound opening and skin puckering. Gently lift the skin piece from the laminated board; starting underneath the skin piece or on the side with the bridal netting, push the needle through the netting and skin piece beginning at the far edge. To close the wound opening and create a suture line, gently, yet loosely, pull string up, through, over, and down, staying close to the wound opening to ensure the needle catches the bridal netting in a gentle stitching fashion. Repeat steps until you have made your way across the netting, finishing with the last suture down and tied off on the underside of the skin piece.



6. Using scissors, cut several sutures at random angles and gently work wound open with the end of a toothpick.



7. To create the “fleshy under skin” of the suture: Unroll or pull apart a cotton ball, creating a thin layer of cotton, approximately $2\frac{1}{4}$ inches \times $\frac{1}{2}$ inch long, or slightly larger than bridal netting.

Begin covering cotton with “fleshy pink” Gelefects material; dip your finger in hot water and spread the Gelefects across the surface. The Gelefects material on the cotton ball will begin to ripple and pucker slightly

as the cotton ball absorbs the moisture from the Gelefects and the Gelefects material sets. To adhere the under skin, add a thin coat of flesh-colored Gelefects to the underside of the sutured skin piece, on the inside perimeter of the bridal netting. Place the sutured skin piece on top of flesh piece and press lightly to adhere.

8. If needed, pipe extra Gelefects material under the suture line lip, along the rim, to fill in any holes or air pockets. Using your fingers or tweezers, gently pry the suture line open, holding in place until the Gelefects sets. When the suture line is set, carefully lift the wound and turn it over, facedown; add additional Gelefects where the base piece meets the crown piece to strengthen any weak spots on the underside. Flip the wound back over, faceup, and allow it to sit at least 15 minutes. Apply additional reddening along the suture line with a cotton swab that has been dipped in red blush and purple eye shadow makeup. Using the tiny paintbrush, apply cream soup mixture to the corners of the wound opening, the inside of the lip, the suture line, and the areas around the skin puckering.



Suture, Postoperative, Tunneling-Dehiscence

Designer Skill Level: Advanced

Objective: Assist students in recognizing the difference between a healthy and a compromised surgical incision, the symptoms that may accompany a postoperative suture, and the appropriate interventions and wound management.

Appropriate Cases or Disease Processes

Stitches
Surgical

Set the Stage

Depending on the surgery, a postoperative suture may cause considerable pain and discomfort. Surgical sites should be monitored closely during the first several days to watch for possible complications and to ensure wound integrity.

Using a makeup sponge or your fingers, liberally apply white makeup to the face of simulator, blending well. Add a small amount of light blue eye shadow to the area under the eyes to create dark circles. Lightly spray the forehead, upper lip, and chin of simulator with premade sweat mixture. Using double-sided tape, secure

the Gelefects suture to the lower abdomen of simulator, in a vertical position, approximately 4 inches below the navel. Using a large blush brush, apply maroon eye shadow in a circular pattern to the suture and immediate surrounding suture area. Cover the wound with a treated wound dressing. *To create treated dressing:* Brew a cup of chai tea and allow to cool to room temperature. Remove the tea bag from cup and express the drainage from the tea bag over the wound dressing. Allow the dressing to dry fully before placing the stained dressing, faceup, on the abdomen of simulator.

Patient Chart

Include chart documentation that highlights patient history, surgical procedure, surgical site, and laboratory values showing increased white blood cells.

Ingredients

2 inch \times ½ inch strip bridal netting
2-0 chromic suture, staples or black thread
3 cc cream of mushroom soup, undiluted
Cotton ball
Flesh-colored Gelefects
Red Gelefects
Purple eye shadow
Red blush makeup

Equipment

3-cc syringe
Makeup brush
Cotton swabs
Hotpot
Laminated board
Minifan
Palette knife
Paper towel
Scalpel or sharp knife
Small scissors
Thermometer
Tiny paintbrush

Use in Conjunction With

Odor, foul

Pus, purulent, yellow-brown

In a Hurry?

Tunneling-dehiscence sutures can be made in advance, stored covered in the freezer, and reused indefinitely. Allow the suture to come to room temperature at least 5 minutes before proceeding to Set the Stage.

Cleanup and Storage

Gently remove tunneling-dehiscence suture from simulator, taking care to lift gently on skin edges while

removing the suture and tape from the abdomen. Store the suture and cream soup mixture on a waxed paper-covered cardboard wound tray. Sutures can be stored side-by-side, but they should not touch to avoid color transference. Loosely wrap wound trays with plastic wrap. *To remove soup mixture from suture:* Flush with a gentle stream of cold water, and pat dry with a paper towel before storing. Wipe away makeup from under the eye area, the face, and the abdomen of simulator with a soft cloth lightly sprayed with a citrus oil-based cleaner and solvent. The treated wound dressing can be stored in your moulage box for future simulations.

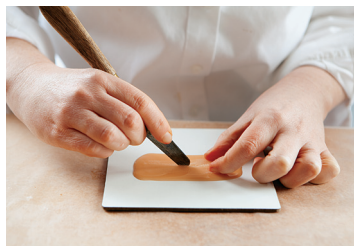
Technique

1. Heat the Gelefects material to 140°F. On the laminated board, combine 5 cc of flesh-colored Gelefects material with 3 drops of red Gelefects. Stir the Gelefects material thoroughly with the back of the palette knife to blend, creating a fleshy pink color. Allow the mixture to set fully before pulling up and remelting in a 20-cc syringe for later use.



2. On the laminated board, create a basic oblong-shaped skin piece, approximately 3 inches long × 1 inch wide, using flesh-colored Gelefects material. While the skin piece is still in the sticky stage, place

the strip of bridal netting centered and lengthwise across the skin piece; let the skin piece sit approximately 3 minutes or until firmly set.



3. Remove the suture from its package, and carefully separate the needle from string with scissors. Safely dispose of curved needle. Thread suture string through the eye of a sewing needle and knot.

Using a palette knife or scalpel, gently cut a slit through the center of netting and skin piece lengthwise, stopping 1/8 inch short of the edge of the netting.



4. Very gently, lift the skin piece off board and invert so that netting is facedown and pulled slightly so that suture opening is slightly ajar. To create skin puckering, add small drops of flesh-colored Gelefects material along both edges of the suture line; dip your finger in hot water to smooth the Gelefects along the rim opening.

Using a paper towel, gently blot at the wound opening to absorb excess water, and place the wound under the minifan for 3 minutes.



5. Using the small makeup brush that has been dipped in red blush makeup, create reddening across the suture line by applying makeup to the wound opening and skin puckering.



6. Gently lift the skin piece from the laminated board; starting underneath the skin piece or on the side with the bridal netting, push a needle through the netting and skin piece, beginning at the far edge. To

close the wound opening and create a suture line, gently, yet loosely, pull string up, through, over, and down, staying close to the wound opening to ensure the needle catches the bridal netting in a gentle stitching fashion. Repeat steps until you have made your way across netting, finishing with the last suture down and tied off on the underside of the skin piece.



7. Using scissors, cut several sutures at random angles and gently work wound open with the end of a toothpick.



8. To create fleshy under skin of suture: Unroll or pull apart a cotton ball, creating a thin layer of cotton, approximately 2 1/4 inches × 1/2 inch long, or slightly larger than the bridal netting. Begin covering cotton

with "fleshy pink" Gelefects material; dip your finger in hot water and spread the Gelefects material across the surface. The

Gelefects material on the cotton ball will begin to ripple and pucker slightly as the cotton ball absorbs the moisture from the Gelefects and the Gelefects material sets.

9. Add a thin coat of Gelefects to the underside of the sutured skin piece, on the inside perimeter of the bridal netting. Place the sutured skin piece on top of the flesh piece and press lightly to adhere. Do not fill air pockets between the two pieces with Gelefects material.



10. Using your fingers or tweezers, gently pry the suture line open, holding it in place until the Gelefects material sets. When the suture line is set, carefully lift the wound and turn it over, facedown, and add

additional Gelefects material where the base piece meets the crown piece to strengthen any weak spots on the underside. Flip the wound back over, faceup, and allow it to sit at least 15 minutes. Apply additional reddening along the suture line with a small makeup brush that has been dipped in red blush and purple eye shadow. Draw the soup mixture into the syringe. Place the tip of the syringe into air pockets around the wound and fill spaces with soup mixture. Using the tiny paintbrush, apply cream soup mixture to the corners of the wound opening, the inside of the lip, the suture line, and the areas around the skin puckering.