

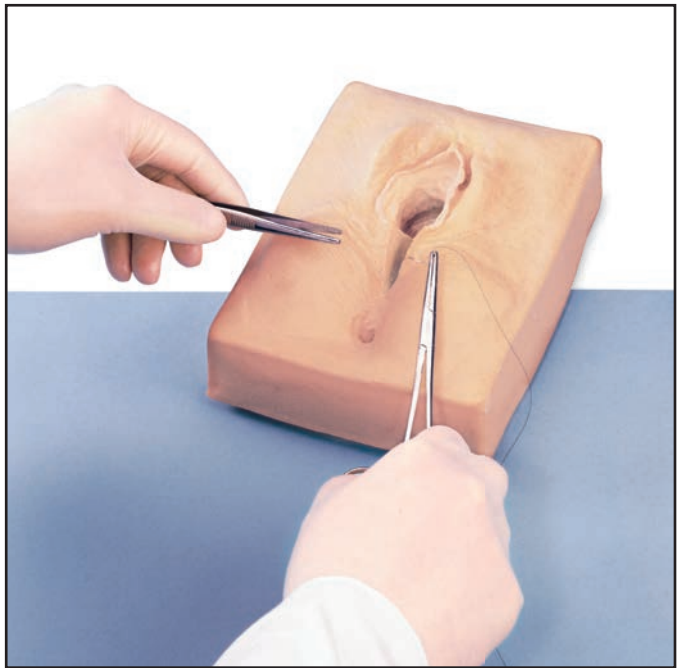
---

# Episiotomy Suturing Simulators

For Use with Midline Suture Simulator (LF00691U),  
Left Mediolateral Suture Simulator (LF00692U), and  
Right Mediolateral Suture Simulator (LF00693U)

## INSTRUCTION MANUAL

---



## About the Simulators

The **Life/form**<sup>®</sup> 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:

- Needle Holder
- Suture (00 or 000 Chromic Catgut)
- 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 sutures, 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

*Nasco* Fort Atkinson

901 Janesville Avenue, P.O. Box 901  
Fort Atkinson, Wisconsin 53538-0901

1-800-558-9595

eNasco.com • E-mail: [lifeform@eNasco.com](mailto:lifeform@eNasco.com)