

## Perineal lacerations degree 1-2

Target group: Midwives, doctors and students

Course participants should have access to [my.gynzone.com](https://my.gynzone.com)

[GynZone course: Suturing first-degree tears with continuous stitches](#) (1 hour)

[GynZone course about 2nd degree perineal repair](#) (2 hours)

The online course must be completed before this workshop

### Workshop content

#### Diagnosing perineal trauma and sufficient pain relief

Classification according to international standards

#### Suture materials, needles, and instruments

Suture materials: Quickly and standard absorbable, multifilament sutures

Instruments for surgical repair: ergonomics and safety

#### Instrument-tied knots for continuous stitches

Self-locking starting knot (Duncan knot) & Self-locking finishing knot (Aberdeen knot)

#### Suturing lacerations labial lacerations

Continuous stitches are placed on labial repair model

#### Suturing vaginal mucosa and adaption of hymenal remnant

Continuous sutures: non-locking technique to ensure hemostasis

Hymenal remnant as an important anatomical landmark: Doorstep approach

#### Alignment of superficial perineal muscles and subcutaneous tissue

Adapting the superficial perineal muscles with continuous suture method

Continuous stitches in the subcutaneous layer just below perineal skin

#### Repairing lesions in the rectovaginal fascia

Wound edges are adapted with continuous sutures

#### GynZones checklist for repair of 2nd-degree lacerations

Introducing the checklist (research- and clinical purposes)

#### Evaluating healing after birth: experiences from 10 years in a perineal clinic

We will share clinical cases of normal and complicated healing

#### Lots of hands-on experience in this workshop

You have the option to practice on various medical models

[Training models are provided by Vulva Enterprise](#)

#### Time and place

**Exclusivity:** This workshop is offered exclusively for ACM

Limited places to ensure participants have close instructor supervision

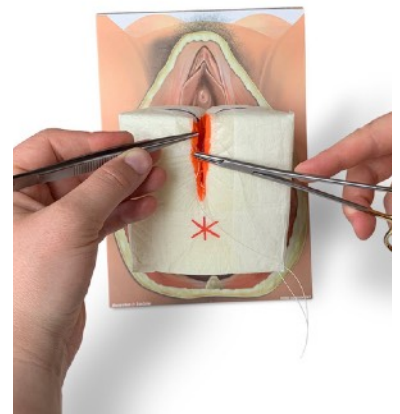
**Instructors:** Midwives Sara Kindberg and Karina Mulvad, GynZone

**Location:** Pullman Albert Park, Melbourne

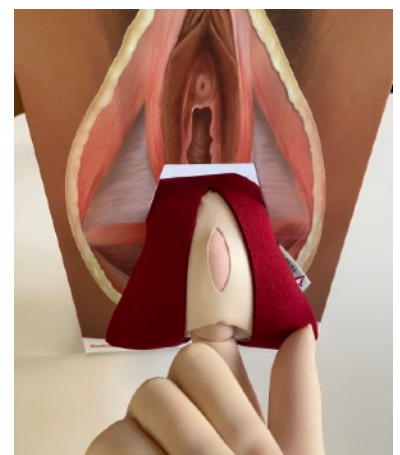
**Date:** Monday 09 September: 9 AM – 4 PM (7 hours incl. lunch)



Textile models to take home



Suturing a 2nd degree tear



Rectovaginal fascia