

Perineal lacerations degree 1-2

Target group: Midwives, doctors and students

Course participants should have access to 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

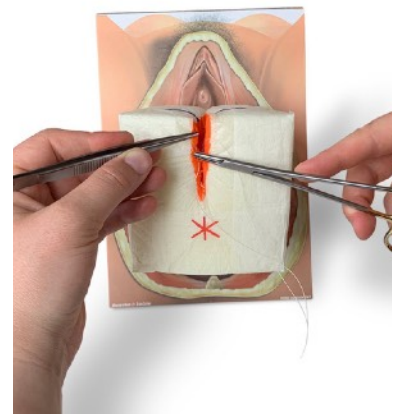
Instructors: Midwives Sara Kindberg and Karina Mulvad, GynZone

Location: Burke & Wills Hotel, Toowoomba, Australia

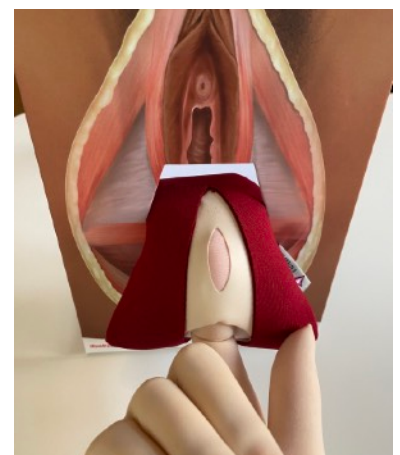
Date: Thursday 02 May 2024: 9 AM – 4 PM (7 hours incl. lunch)



Textile models to take home



Suturing a 2nd degree tear



Rectovaginal fascia