

1st and 2nd-degree repair

Suturing workshop using continuous technique

Hands-on workshop for midwives, doctors and students running 9AM - 4PM.

Preparation BEFORE the workshop: 1 hour mandatory (+ 4 hours bonus)

Learning: [Diagnostic of perineal lacerations](#) (2 hours) + quiz

Learning: [1st-degree lacerations](#) (2 hours) + quiz

Learning: [Second-degree tears](#) (4 hours)

1st-degree repair workshop (morning)

Diagnosing perineal trauma

Classification according to international standards

Advanced knots for continuous stitches

Self-locking starting knot and self-locking finishing knot

Suturing labial lacerations

Continuous repair of a superficial laceration + stay suture for asymmetrical tears

Suturing vaginal mucosa and adaption of hymenal remnant

Identification of the apex of the vaginal tear, placing the starting knot above
Continuous sutures to ensure hemostasis. Hymen as an anatomical landmark

Perineal skin

Closure using invisible or visible sutures (intra- or subcutaneous, transcutaneous)

2nd-degree repair workshop (afternoon)

Alignment of superficial perineal muscles and subcutaneous tissue

Approximate the superficial perineal muscles using continuous suture method
Continuous stitches in the subcutaneous layer just below the perineal skin

Rectovaginal fascia repair

Use of Allis forceps for identification and correct tissue alignment

Healing after birth: Experiences from postnatal clinics in Scandinavia

We will show cases of normal and abnormal healing after birth

Research about suturing using the continuous method

Introduction to Cochrane Reviews, NICE guidelines and national documents

Medical training models used in this workshop

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

The value of the kit is 600 USD / 800 AUD / 420 EUR

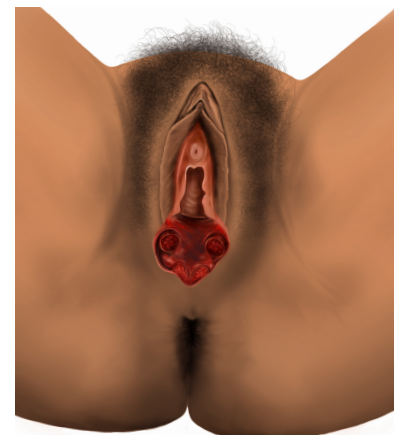
Exercises AFTER the workshop

Exercise part 1: [Suturing first-degree tears with continuous stitches](#) (30 min)

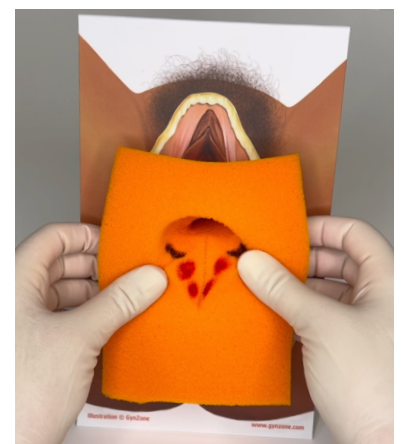
Exercise part 2: [Suturing of 2nd-degree laceration using continuous stitches](#) (46 min)



Labia repair



Diagnosing 2nd-degree trauma



Perineal repair model