



# Enhancing Emergent Care in Athletic Training: Wound Closure

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# NO CONFLICT

1. The views expressed in these slides and the today's discussion are mine
2. My views may not be the same as the views of my company's clients or my colleagues

# Learning Objectives

1. Differentiate between various types of wounds and identify the wound types that are more likely to benefit from closure in the field.
2. Perform a step-by-step wound examination.
3. Prepare a wound for closure.
4. Choose an appropriate wound closure material depending on the type of the wound.
5. Demonstrate ability to perform wound closure by using suture (via simple interrupted technique), tissue adhesive, or staples.

# WHY WE USE SUTURING TO CLOSE WOUNDS

1. To stop bleeding
2. To facilitate faster and successful healing
3. To decrease chances of infection
4. To minimize scarring

# HOW TO PREPARE WOUNDS FOR CLOSURE

1. Make the patient comfortable
2. Inspect the wound
3. Irrigate the wound
4. Control bleeding
5. Inject anesthetic around the wound

# TO ANESTHETIZE THE WOUND

1. Use Lidocaine 1% or 2% with or without epinephrine
2. A linear wound of 2-3 inches in length will require approximately 5 cc of Lidocaine (use a 5-10 cc syringe)
3. 25 gauge needle of 1/5-1 inch in length can be used for majority of the wounds



# DO NO HARM

NEVER USE LIDOCAINE WITH EPINEPHRINE ON DIGITS OF THE EXTREMITIES



## Suture Material

Nylon (monofilament) 3-0 to 4-0 suture is suitable for closure of the majority of the wounds



# Suturing Techniques – Simple Interrupted

# PATIENT EDUCATION

1. Keep the wound clean dry and safe
2. Keep an eye for signs of infection (redness, swelling, drainage, warmth)



# SUTURING IN AT

# RURAL HEALTHCARE





# LET'S SUTURE





**QUESTIONS?**

A red ribbon is tied around a CD or DVD disc. The disc is positioned on the right side of the image. The background is a blurred, teal-colored surface. A black horizontal band runs across the middle of the image, containing the text 'THANK YOU!' in large, white, bold, sans-serif capital letters.

**THANK YOU!**