

Episiotomy

Incision and repair of episiotomies

Workshop about performing and repairing mediolateral episiotomies
Target group: Midwives, midwifery students and medical doctors

Duration: 2 hours hands-on workshop

Preparation before the course: online learning (1,5 hours)

The online course material is free to access during a 7-day trial period.

Watch the GynZone e-learning course "Episiotomy repair"

<https://my.gynzone.com/courses/10-episiotomy>

What is a mediolateral episiotomy?

Median, mediolateral, or lateral episiotomy: definition of directions and angles
45 degrees, 60 degrees, 90 degrees: pros and cons?

Incision on a medical training model

Try different types of scissors and instruments

Test different positions of your hands to protect foetal head and control speed

Suture, needles, and instruments

Sutures: Multifilament sutures with 26-37 mm needles

Suture thickness: 2-0 for muscles, 3-0 for subcutaneous and skin sutures

Instruments: Suture Kit + Kelly forceps + Allis forceps

Suturing a mediolateral episiotomy on a medical model

Vaginal mucosa: Continuous from apex to hymen

Muscles: Interrupted stitches for anatomical alignment end-to-end

Subcutis: Continuous method for stabilizing and adapting tissue

Skin: Intracutaneous method for minimal pain response

Time and place

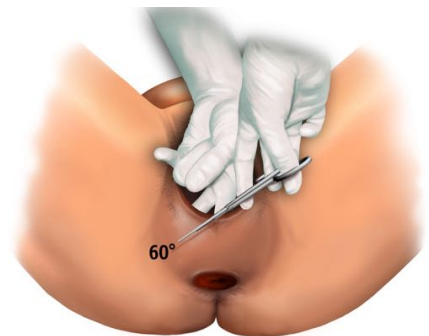
This workshop takes place in Aarhus. September 2022

Location: Musikhuset Aarhus, Thomas Jensens Allé, 8000 Aarhus C.

A maximum of 20 participants is allowed to secure individual supervision

Free for NLNB2022 delegates on a first-come-first-served basis.

Sign up as you register for the conference here: <https://nlnb22.com/workshop>



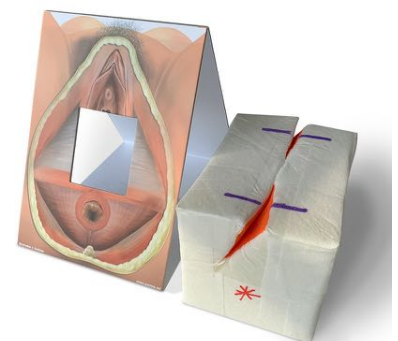
Practical issues

Which angle: 45 – 60 – 90 degrees?
Mediolateral or lateral?



Hands-on

Incision on medical model
Position of scissors and hands



Suturing an episiotomy

Hands-on training
Right or left mediolateral episiotomy