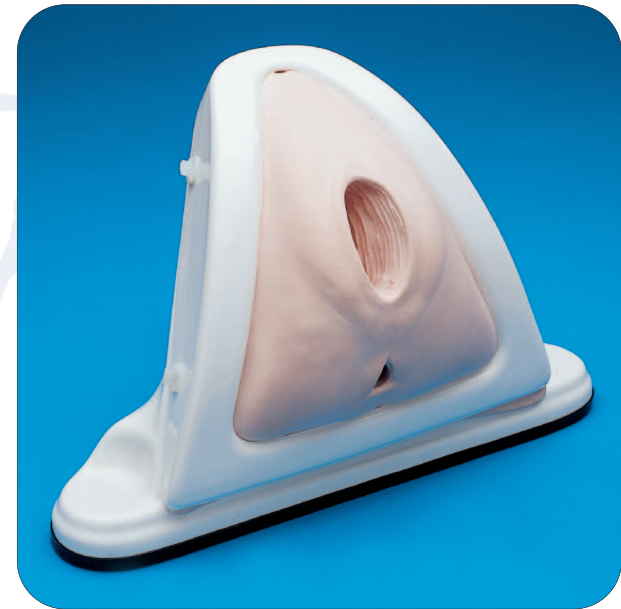


Episiotomy Trainer User Guide



Designed and manufactured by Limbs & Things Limited,
Sussex Street, St. Philips, Bristol, BS2 0RA, UK.
Telephone: +44 (0)117 311 0500 Fax: +44 (0)117 311 0501
sales@limbsandthings.com www.limbsandthings.com

Issue 4, March 2007
© 2007 Limbs & Things

For more skills training training products visit

www.limbsandthings.com

Episiotomy Trainer

Part No: **60225**

For the practice and repair of episiotomy, and repair of perineal lacerations.

Skills

- Performing an episiotomy
- Tissue layer identification and handling
- Deep musculature suturing
- Subcuticular suturing
- Superficial suturing

Features

- Full procedure can be carried out
- Perineum, vagina and bowel are represented by a replaceable soft tissue pad
- Soft tissue pad contains superficial muscle structure and relevant layers for suturing
- Cost effective: all layers can be sutured repeatedly
- Episiotomy or laceration can be sited to the left, right or directly towards the anus
- Perineum can be distended to replicate delivery
- Skin surface is washable using soap and water
- Clamps stabilise the Trainer during use

Package supplied

- 1 **Episiotomy Pad** Part No: **60226**
- 1 base
- 2 clamps

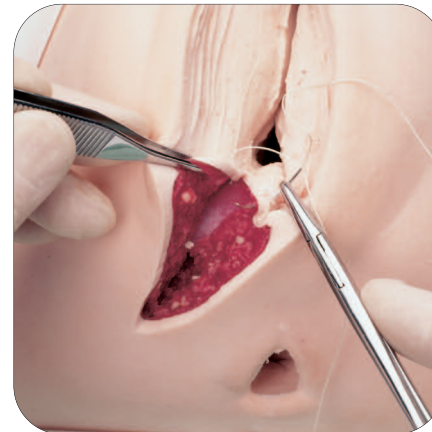
Care of products made from latex foam rubber

- Latex foam is a natural product; store away from strong light, preferably in the case provided, to reduce exposure to ozone. Ozone is generated by some electrical equipment including telephones and computers.
- Wash your hands before touching the foam. If the foam is handled after contact with certain metals, eg copper coins, it becomes yellow and discoloured.
- The foam may be washed effectively using any mild soap and rinsed afterwards. 'Vanish'™ soap is very effective. Do not immerse the model in water or allow water to run freely over the surface
- Do not ingest the product and practice normal hygiene after handling the product.

The full procedure



Performing an episiotomy



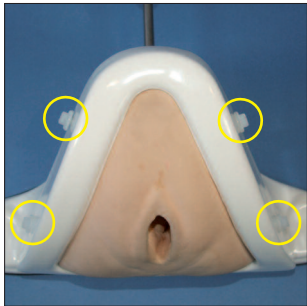
Deep muscle suturing



Superficial suturing

Removing the Frame

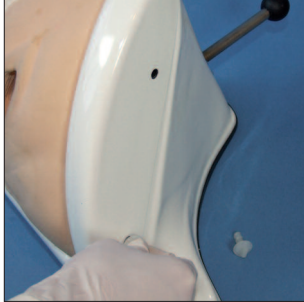
1



Ensure the lever on the back of the Trainer is disengaged (the 4 notches in the handle should be clearly visible).

The Frame is held in place by 4 white Helix Connectors.

2

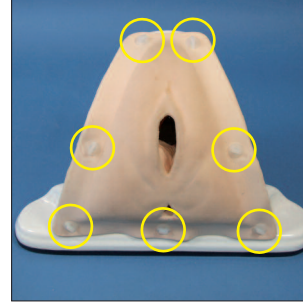


Unscrew the Connectors and lift off the Frame. Store the Connectors safely.

The Pad is ready to be changed.

Removing the Episiotomy Pad

1



The Episiotomy Pad is held in place with 7 white Helix Connectors.

Gently pull the Connectors out from the base (leave the Connectors attached to the Pad) and let the Pad fall forwards onto the bench top.

2



The lever on the back of the Trainer is attached to the Pad between the bowel and vagina.

Pull the Pad away from the lever whilst allowing the Pad to slide out from between the arms at the end of the lever.

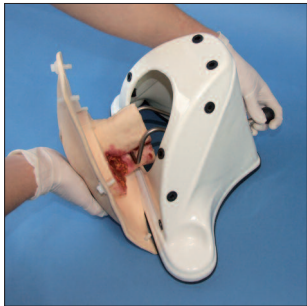
3



The Pad is ready to be replaced.

Attaching a new Episiotomy Pad

1



To attach a new Pad slide the area between the vagina and bowel into the gap between the arms on the end of the lever.

Gently pull the lever towards the back of the Trainer whilst pushing the Pad onto the base.

2



Ensure that the holes around the edge of the Pad line up with those on the base.

Secure the Pad to the base with the 7 white Helix Connectors.

3

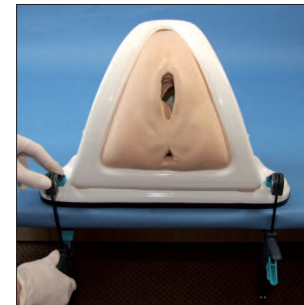
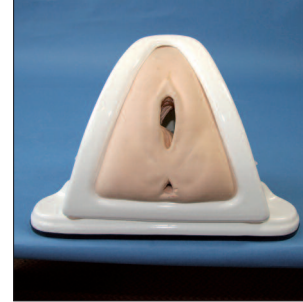


Gently try the lever to make sure that it is connected and that the Pad distends properly (do not push the lever past the 2nd notch as the Pad may pop off the base under pressure).

Reattach the Frame with the 4 white Helix Connectors. The Trainer is ready to use.

Clamping the Base

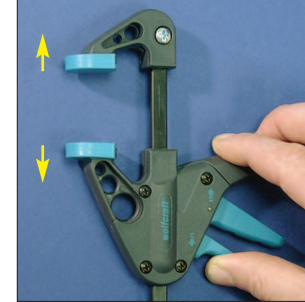
1



Place the Trainer on the edge of the work surface and secure it in place using the two clamps provided.

Place the clamps on the flat feet on either side of the front of the model.

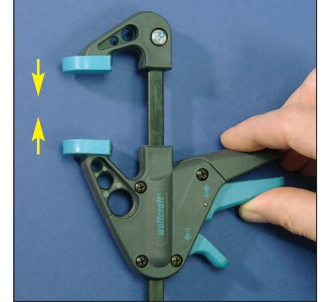
2



To open the clamp squeeze and hold the small lever on the bottom jaw.

The jaws will move freely until the lever is released.

3



To close the jaws squeeze the large lever on the bottom jaw.

Each time the lever is squeezed the jaws move closer together.