Knot Tying 101

The Ins, the Outs, and the Confusing
Two-handed Square Knot

1st Throw
Two-handed Square Knot
$2^{nd}$ Throw
Surgeon’s (Friction) Knot
1st Throw
Surgeon’s (Friction) Knot
2nd Throw
One-handed Square Knot
1\textsuperscript{st} Throw (left)
One-handed Square Knot
2nd Throw (left)
Instrument Tying
Suturing 101

Here we go again!
Simple Interrupted
Running/Continuous
Subcuticular (intradermal)
Vertical Mattress

Two-step stitch:
1. Simple stitch made “far, far” relative to wound edge (large “bite”)
2. Needle reversed and 2\textsuperscript{nd} simple stitch made “near, near” inside 1\textsuperscript{st} (small “bite”)
Horizontal Mattress

Two-step stitch:
1. Simple stitch, then
2. Needle reversed, 2\textsuperscript{nd} simple stitch made adjacent to first
3. Same size “bite” as first stitch