

Workshop on skin surgery
(25 of April 2020 at Island health medical centre)
Tel: 4280777 email: islandhealthmu@gmail.com
Cost: Rs 9900. (discounted for early bookings for doctors only). Rs 13500 from 10th of April.
Limited seats available
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This training is specially designed to empower medical practitioners, medical students as well as some other health care practitioners involved in surgery of the skin. There will be a 3hrs theory session followed by 2hrs of practical sessions. At the end of it, there will be a multiple-choice questionnaire, for students mainly.

The course will cover the topics as listed below:

- 1. Common lesions that are treated by surgery of the skin.**
 - a) Skin trauma
 - b) Naevus
 - c) Lipomas
 - d) Keloids and other scars
 - e) Skin cancers
 - f) Abscess
 - g) Sebaceous cysts

- 2. History before the procedure: When, what, where. diseases, smoking history, any medications, occupation.**

- 3. Consent forms**
 - a) Why is it important
 - b) What should it include?

- 4. Setting up**
 - a) How to prepare a surgical pack
 - b) Commonly used instruments
 - c) Sterilisation of equipment
 - d) Surgical table
 - e) Role of the surgical assistant

- 5. Different sutures for the skin**
 - a) Needle sizes, reverse cutting, cosmetic sutures, size and where they are used
 - b) Types of sutures and time line for removal of non-absorbable sutures
 - c) Special cases- keloid
 - d) Skin glue and staples

6. Local anaesthetics

- a) What is the most recommended?
- b) Short acting vs long acting
- c) What amount is safe
- d) Adrenalin use and where it is unsafe

7. Special areas like around the mouth and eyes- how to suture. Orientation of forces.

8. Commonly used suture technique and where indicated

9. How to achieve haemostasis- pressure, ALCL3, cautery, ligation of bleeders and deep suturing esp. on scalp. Pre-surgery ligation.

10. Post-surgery care and medications

- a) How to clean
- b) How long to keep it dry
- c) Infection identification

11. Types of tissue healing

12. A very brief on scars and scar prevention- silicone etc

13. Factors that limit wound healing

14. How to deal with complications- Commonly used antibiotics for skin

At the end of the theory session, some examples of the surgery cases will be given.

Practical session: 2hrs

- 1. Everyone will get a surgery pack with synthetic skin, equipment and sutures etc.
- 2. Different cuts will be explained briefly, how to use different equipment
- 3. How to close the cuts
- 4. Dressings
- 5. Steri-strips
- 6. How to evert the edges and approximate
- 7. Commonly used suture techniques on the skin

Medical students will have to answer a multiple-choice questionnaire to test their knowledge. This will not apply to doctors.

Depending on the popularity, a second part of the training can be given later where subjects like cautery, laser, skin flaps, different excisions can be explained. Different types of flaps and punch grafting.

Other courses will be on cosmetic treatments: Botox, Acne scars, Chemical peels etc