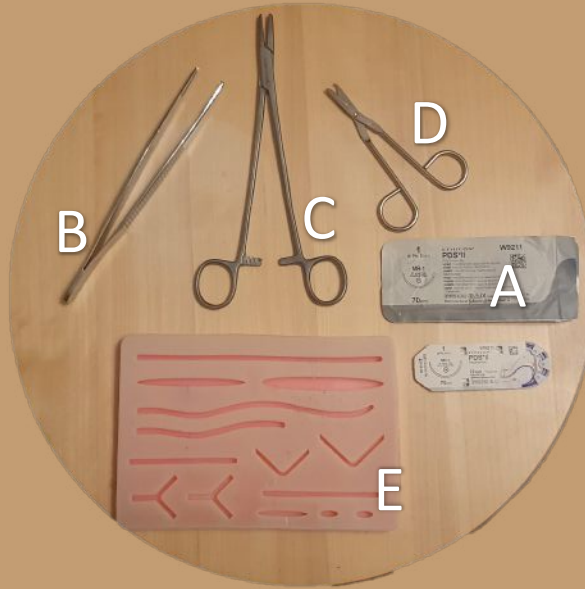


Station 1

Suturing and Knot Tying

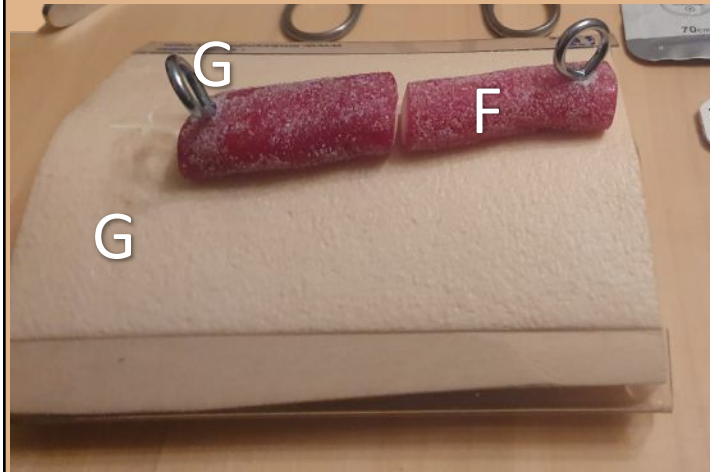


Equipment:

- A. Sutures (preferably Prolene 3.0)
- B. Toothed Forceps
- C. Needle Holder
- D. Suture Scissors
- E. Skin Pad

Station 2

Tendon Repair



Equipment:

- A. Sutures (preferably Prolene 3.0)
- B. Toothed Forceps
- C. Needle Holder
- D. Suture Scissors
- F. Haribo Stixx
- G. Pad + Pins (to pin down Haribo)

Station 3

Vascular Anastomosis



Equipment:

- A. Sutures (preferably Prolene 3.0)
- B. Toothed Forceps
- C. Needle Holder
- D. Suture Scissors
- H. Vascular Model (or plastic tubing 8mm internal diameter)
- I. Pad + Pins (to pin down vascular model)

Links to purchase:

A, B, C, D and E) <https://www.kitsofmedicine.com/product/suture-kit/> – £31.20

F) <https://groceries.asda.com/product/jelly-chewy-sweets/haribo-balla-stixx-strawberry/1000039942689> – £0.90

G and I) https://www.amazon.co.uk/Bulk-Hardware-BH01111-Chrome-Shouldered/dp/B00J1QPSOK/ref=sr_1_10?keywords=screw+hooks&qid=1640648619&sr=8-10 – £1.90

H) https://www.amazon.co.uk/dp/B08ZJL9JHW/ref=twister_B08ZJLQ2YW?_encoding=UTF8&psc=1 – £2.77