

INSTRUCTION MANUAL

# Episiotomy & Perineal Laceration Trainer Kit

LF01044



*Nasco*  
HEALTHCARE

# About the Simulator

The Nasco Healthcare Episiotomy & Perineal Laceration Trainer offers students and instructors the unique opportunity to customize the simulator to fit their training program. Accurate anatomical details and soft, life-like tissue offer a complete training experience. For the first time, discreet muscle structures can be isolated and incised to represent first-degree through fourth-degree perineal lacerations.



## LIST OF COMPONENTS

- A. Episiotomy & Perineal Laceration Trainer Pad
- B. Stand
- C. Suture kit
- D. Carry bag

## SETTING UP THE TRAINER

1. Flex the soft pad slightly and fit it firmly into the hard base.
2. Bend the wire stand to the desired angle. Set the base with pad onto the stand. Adjust the angle again if needed.

## Making the Incision

1. Plan the location and depth of the incision you wish to make. The incision may represent a natural tear or any type of episiotomy.
2. Each training pad includes the bulbocavernosus muscle, transverse perineal muscles, external anal sphincter, and rectal mucosa. Cut slowly and carefully with sharp scalpel, taking care not to damage anything other than the intended structures.
3. Nasco recommends making only one incision through the perineal muscles. Additional pads may be purchased to make a variety of incisions.
4. The flexion in the pad will cause the incision to open naturally. The pad may be removed from the base and flexed manually if needed to obtain a clearer view of the internal structures.

# List of Components



## **Suturing the Incision**

1. Make sure that the pad is securely fitted into the base. Set the base on the stand if desired.
2. Suturing supplies have been included with the trainer. Any other standard sutures may also be used. Smaller needles and finer suture material will prolong the life of the simulator.
3. Pull up each suture gently, without overtightening.
4. Carefully remove the sutures before storing the trainer.

## **CARE OF THE SIMULATOR**

1. The soft pad is made from a chemically and biologically inert material that requires little care.
2. Everyday soil can be removed by washing in water with a little soap or mild detergent. Dry thoroughly before storing. Washing the pad from time to time will also help it to stay in the base.
3. Do not expose the plastic base to excessive heat.

## **REPLACEMENT PARTS**

- LF01045 Episiotomy Laceration Pad Replacement
- LF01045(A) Episiotomy Laceration Pad Replacements, Pkg. of 3
- LF07000 Suture Thread with Needle

Actual product may vary slightly from photo. Nasco reserves the right to change product color, materials, supplies, or function as needed.

Other Available Simulators

**LF00040** Advanced Lucy

**LF00041** Complete Lucy

**LF00042** Basic Lucy



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