



British Society for
Disability and Oral Health
UNLOCKING BARRIERS TO CARE

Top Tips for Suturing

- Irrigate socket and remove all debris (delayed healing with debris and bacteria)
- Hold needle 2/3 of the way from the point as this is the strongest point
- Only need enough sutures to do the job – foreign bodies and plaque accumulation
- Equal 'bites' of tissue
- Equal depth of sutures
- Knot to one side of the wound – plaque accumulation
- Remember that tissues swell with inflammation therefore do not want sutures too tight – can cause ischaemia and infection
- Minimise soft tissue trauma and damage
- Toothed forceps reduce damage to soft tissues
- Horizontal mattress suture puts pressure on wound edges to reduce bleeding
- Alvogyl is a foreign body and will delay healing (use very small amounts)

