

**PRACTICAL CLINICAL COURSES**  
*A Service of the Gordon J. Christensen  
Career Development Program*

**V4367**  
**Making Suturing Simple**

Lee H. Silverstein, DDS, MS &  
Gordon J. Christensen, DDS, MSD, PhD

**Materials Included:**

C.E. Instruction Sheet  
Products List  
Clinician Responsible  
Goals & Objectives  
Overview  
Supplemental Materials  
AGD Post-Test

**Gordon J. Christensen**  
**PRACTICAL CLINICAL COURSES**

**PROCEDURE FOR RECEIVING  
CE CREDIT FOR VIDEO COURSES**

1. Complete the enclosed Post-Test.\* For each **CE Video Purchased**, one complimentary test is included. Additional tests are \$35/person per test. Fees can be paid by check or with a credit card when submitting tests to Practical Clinical Courses. If more than 10 CE tests are required per video, please contact us at 800-223-6569.
2. Complete the demographic information located at the end of the test.  
**Type of Credit:**
  - a. If the applicant selects "State," PCC will issue a certificate of verification to the applicant. The applicant must then submit this certificate to their state board to obtain credit.
  - b. If the applicant selects "AGD," PCC will submit credit information to the Academy of General Dentistry and confirmation to the applicant that it has been submitted (*the applicant may check their AGD transcript for verification – please allow 30 days*).
  - c. If the applicant selects "Both," PCC will complete a. & b. above.
3. Return the **Post-Test portion** via mail, fax, or email. Our contact information is as follows:

**Practical Clinical Courses**  
**3707 N Canyon Road**  
**Suite 3D**  
**Provo, UT 84604**  
**Fax: (801) 226-8637**  
[cetests@pccdental.com](mailto:cetests@pccdental.com)

4. Practical Clinical Courses will correct the Post-Test. **Passing scores are 70% or higher.**

**\*TO OBTAIN CE CREDIT ONLINE:** Login or create an account on [www.pccdental.com](http://www.pccdental.com) and select "My CE Tests" from the left-side menu. Click on the video title to take the test online. **RESULTS ARE IMMEDIATE.** Missing the test? Contact us at 800-223-6569 during our business hours of 7:00 a.m. – 4:00 p.m. MST to add it to your account.

Gordon J. Christensen  
**PRACTICAL CLINICAL COURSES**  
*Sources of Products Discussed in*  
**V4367 Making Suturing Simple**

Presented by: Lee H. Silverstein, DDS, MS & Gordon J. Christensen, DDS, MSD, PhD

1. **Adson-Brown Tissue Forceps**  
Hu-Friedy Mfg. Co.  
3232 N. Rockwell Street  
Chicago, IL 60618-5935  
(800)483-7433  
(773)975-6100  
[www.hu-friedy.com](http://www.hu-friedy.com)
2. **Cotton Pliers**  
Hu-Friedy Mfg. Co.  
3232 N. Rockwell Street  
Chicago, IL 60618-5935  
(800)483-7433  
(773)975-6100  
[www.hu-friedy.com](http://www.hu-friedy.com)
3. **Crile-Wood Perma Sharp Needle Holder**  
Hu-Friedy Mfg. Co.  
3232 N. Rockwell Street  
Chicago, IL 60618-5935  
(800)483-7433  
(773)975-6100  
[www.hu-friedy.com](http://www.hu-friedy.com)
4. **Goldman-Fox Super-Cut Scissors**  
Hu-Friedy Mfg. Co.  
3232 N. Rockwell Street  
Chicago, IL 60618-5935  
(800)483-7433  
(773)975-6100  
[www.hu-friedy.com](http://www.hu-friedy.com)
5. **Oral Suture Training Model**  
*(3m doesn't carry their version anymore)*  
Amazon and other sellers
6. **Principles of Hard Tissue Regeneration and Implant Therapy: A Complete Step-by-Step Guide**  
AEGIS Communications  
104 Pheasant Run  
Suite 105  
Newtown, PA 18940  
(215)504-1275  
[www.dentalaegis.com](http://www.dentalaegis.com)
7. **Principles of Soft Tissue Surgery: A Complete Step By Step Procedural Guide**  
AEGIS Communications  
104 Pheasant Run  
Suite 105  
Newtown, PA 18940  
(215)504-1275  
[www.dentalaegis.com](http://www.dentalaegis.com)
8. **Scalpel Handle**  
Hu-Friedy Mfg. Co., LLC  
3232 N. Rockwell Street  
Chicago, IL 60618-5935  
(800)483-7433  
(773)975-6100  
[www.hu-friedy.com](http://www.hu-friedy.com)
9. **Silverstein Flap & Suture Closure Kit**  
Hu-Friedy Mfg. Co., LLC  
3232 N. Rockwell Street  
Chicago, IL 60618-5935  
(800)483-7433  
(773)975-6100  
[www.hu-friedy.com](http://www.hu-friedy.com)
10. **Surgical Blades (15 Blade & 15C Blade)**  
Hu-Friedy Mfg. Co., LLC  
3232 N. Rockwell Street  
Chicago, IL 60618-5935  
(800)483-7433  
(773)975-6100  
[www.hu-friedy.com](http://www.hu-friedy.com)
11. **Sutures**  
Local Dental Distributors
12. **The Suture Book: The Definitive Guide to Dental Suturing and Surgical Flap Closure**  
AEGIS Communications  
104 Pheasant Run  
Suite 105  
Newtown, PA 18940  
(215)504-1275  
[www.dentalaegis.com](http://www.dentalaegis.com)

***Product names, the products themselves, and company names change rapidly. Please contact the companies shown to confirm current information.***

Gordon J. Christensen Practical Clinical Courses, 3707 North Canyon Road, Suite 3D, Provo, UT 84604  
Toll Free (800) 223-6569 or Utah Residents (801) 226-6569

The techniques and procedures on this videotape are intended to be suggestions only. Any licensed practitioner viewing this presentation must make his or her own professional decisions about specific treatment for patients. PCC is not responsible for any damages or other liabilities (including attorney's fees) resulting, or claimed to result in whole or in part, from actual or alleged problems arising out of the use of this presentation.

## **PROGRAM**

### **V4367 Making Suturing Simple**

#### **CLINICIANS RESPONSIBLE:**

**Gordon J. Christensen, DDS, MSD, PhD**

Founder and CEO, Practical Clinical Courses  
Senior Consultant & Previous CEO, CR Foundation  
Practicing Prosthodontist, Provo, Utah

**Lee H. Silverstein, DDS, MS**

Associate Clinical Professor, Georgia Regents University, School of Dental Medicine  
Specialist in Periodontics, Atlanta, Georgia  
Author of Textbooks on Dental Suturing  
Lecturer on Periodontal Plastic Surgery

#### **GOALS & OBJECTIVES**

At the completion of this video presentation, participants should be able to accomplish the following:

1. State three reasons why correct suturing is necessary.
2. List five main instruments for optimum suturing.
3. List three types of needles relative to the amount of a circle they have built into them.
4. List five types of suture material.
5. State the advantages of resorbable sutures.
6. List three types of resorbable sutures.
7. Name the most common type of suture material taught in dental school.
8. List five commonly used suturing techniques.
9. Describe the negative characteristics of hemostats when used to hold needles.
10. Describe how to grasp a needle properly.
11. Describe the characteristics of a reverse cutting needle.
12. Describe the main reasons for suturing.
13. Describe the characteristics of interrupted sutures.
14. Describe the diameter of suture material most commonly used in dentistry.
15. Describe two needles curvatures used most in dentistry.
16. Differentiate between interrupted and continuous sutures.
17. Describe the differences between continuous loop and continuous locking suture techniques.
18. List the differences between a vertical mattress suture technique and a horizontal mattress suture technique.
19. Describe a granny knot and a surgeon's knot and differentiate between them.
20. Describe the best ways to remove sutures.

## OVERVIEW

### **V4367 Making Suturing Simple**

This presentation is designed to provide adequate information to prepare dentists to accomplish suturing for most commonly occurring oral surgical procedures. However, practicing the knotting procedures is essential for optimum learning.

The following and other topics are included in the video:

- Importance of correct suturing techniques
- Essential suturing instruments
- Suture needles
- Suturing materials compared
- Surgical knotting procedures
- Interrupted suturing technique
- Simple loop interrupted suture technique
- Figure 8 modification of interrupted suture technique
- Periosteal suturing technique
- Mattress suture technique
- Vertical mattress suture technique
- Apically repositioned vertical mattress suture technique
- Vertical sling mattress suture technique
- Horizontal mattress suture technique
- Cross (crisscross) suture technique
- Continuous loop suture technique
- Continuous locking suture technique
- Single tooth sling technique
- Suture removal

## **SUPPLEMENTAL MATERIALS**

### **V4367 Making Suturing Simple**

1. Seemann R, Perisanidis C, Traxler H, Ewers R. Split-thickness flap with a semicircular punched-ridge pedicled periosteal flap for implant restoration in highly atrophic patients: a technical note. *Int J Oral Maxillofac Implants*. 2014 Jan-Feb;29(1):e10-2. doi: 10.11607/jomi.3059.
2. Kumar MS, Natta S, Shankar G, Reddy SH, Visalakshi D, Seshiah GV. Comparison between Silk Sutures and Cyanoacrylate Adhesive in Human Mucosa-A Clinical and Histological Study. *J Int Oral Health*. 2013 Oct;5(5):95-100. Epub 2013 Oct 26.
3. Soni A, Narula R, Kumar A, Parmar M, Sahore M, Chandel M. Comparing cyanoacrylate tissue adhesive and conventional subcuticular skin sutures for maxillofacial incisions—a prospective randomized trial considering closure time, wound morbidity, and cosmetic outcome. *J Oral Maxillofac Surg*. 2013 Dec;71(12):2152.e1-8. doi: 10.1016/j.joms.2013.08.029.
4. Zucchelli G, De Sanctis M. Modified two-stage procedures for the treatment of gingival recession. *Eur J Esthet Dent*. 2013 Spring;8(1):24-42.
5. Kim DM, De Angelis N, Camelo M, Nevins ML, Schupbach P, Nevins M. Ridge preservation with and without primary wound closure: a case series. *Int J Periodontics Restorative Dent*. 2013 Jan-Feb;33(1):71-8.
6. Altiparmak N, Uckan S. Bone anchoring of sutures for adequate repositioning of the soft tissue flaps in one stage dental implants. *Int J Oral Maxillofac Surg*. 2013 Apr;42(4):535-6. doi:10.1016/j.ijom.2012.10.018. Epub 2012 Nov 13.
7. Balamurugan R, Mohamed M, Pandey V, Katikaneni HK, Kumar KR. Clinical and histological comparison of polyglycolic acid suture with black silk suture after minor oral surgical procedure. *J Contemp Dent Pract*. 2012 Jul 1;13(4):521-7.
8. Vastani A, Maria A. Healing of intraoral wounds closed using silk sutures and isoamyl 2-cyanoacrylate glue: a comparative clinical and histologic study. *J Oral Maxillofac Surg*. 2013 Feb;71(2):241-8. doi: 10.1016/j.joms.2012.08.032. Epub 2012 Oct 22.
9. Garg A. Wounds and suturing in dental implant surgery. *Dent Implantol Update*. 2012 Jun;23(6):44-8.
10. Silverstein LH, Kurtzman GM, Shatz PC. Suturing for optimal soft-tissue management. *J Oral Implantol*. 2009;35(2):82-90. doi: 10.1563/1548-1336-35.2.82.
11. Gümüş P, Buduneli E. Graft stabilization with cyanoacrylate decreases shrinkage of free gingival grafts. *Aust Dent J*. 2014 Mar;59(1):57-64. doi: 10.1111/adj.12149. Epub 2014 Feb 4.
12. Silverstein LH. Principles of Dental Suturing: The Complete Guide to Surgical Closure. Mahwah, NJ: Montage Media Corp, 2000.

## POST-TEST

### **V4367 Making Suturing Simple**

1. Suggested type of needle for dentistry is:
  - a. a conventional cutting suture needle.
  - b. a reverse cutting suture needle.
  - c. any of the above.
  - d. none of the above.
  
2. When grasping the needle with a needle holder:
  - a. grasp it at the junction of the suture material and the needle.
  - b. grasp it in the middle of the body of the needle, not near the cutting tip or the swaged connection with the suture.
  - c. it does not matter where the needle is grasped.
  - d. none of the above.
  
3. The size of needle most commonly used in dentistry is:
  - a. 3/8 circle.
  - b. 1/2 circle.
  - c. both 3/8 and 1/2 circle.
  - d. none of the above.
  
4. The proper instrument to hold needles is:
  - a. a hemostat.
  - b. a needle holder.
  - c. either a needle holder or a hemostat.
  - d. a cotton plier.
  
5. Which of the following types of suture material is resorbable?
  - a. PGA
  - b. silk
  - c. polyester
  - d. PTFE
  
6. Which interrupted suturing technique is best to avoid having the patient's tongue irritated by the suturing procedure?
  - a. simple loop interrupted suture technique
  - b. figure 8 modification of the interrupted suture technique
  - c. either a or b above
  - d. none of the above
  
7. The crisscross suture technique is especially useful when:
  - a. placing an implant with an abutment placed at the time of implant placement.
  - b. doing socket grafting.
  - c. attaching movable soft tissue to the periosteum.
  - d. planning to move the gingival tissues apically.

**POST-TEST (CONT'D)**

**V4367 Making Suturing Simple**

8. A recommended atraumatic way to firmly hold soft tissue while suturing is using:
- a. a cotton plier.
  - b. an Adson tissue pick-up instrument.
  - c. a hemostat.
  - d. a utility forcep.
9. Which knot could you use with confidence that it would hold for tying any type of suture material?
- a. square knot
  - b. granny knot
  - c. slip knot
  - d. surgeon's knot
10. The suggested suture size for keratinized tissue is:
- a. 3-0.
  - b. 4-0.
  - c. 5-0.
  - d. none of the above.

**PLEASE PRINT**

Name \_\_\_\_\_

Name of video purchaser (if different from above) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone No. \_\_\_\_\_

Email \_\_\_\_\_

Indicate which type of credit you wish to obtain:  AGD  State  Both

State License No. \_\_\_\_\_ AGD No. \_\_\_\_\_

Payment information  Visa  American Express  Mastercard  Discover

Card # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Expires \_\_\_\_/\_\_\_\_/\_\_\_\_ CVV2-Code: \_\_\_\_\_

For each **CE Video Purchased**, one complimentary test is included. If you require CE tests for *staff members or additional doctors to receive credit, the fee is \$35/person per test.*

*If more than 10 CE tests are required per video, please contact PCC at 800-223-6569.*