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Below is a list of items you may opt to purchase to enhance your simulation experience. **For those attending our Midwife Workshops your instruments, suture, and models will be provided before the workshop.**

Instruments: cost runs about \$25+ plus shipping

- Vendor: <https://www.wholesalesurgicalinstruments.com>, info@wholesalesurgicalinstruments.com.
- Suturing set for Midwives: Product # pending; includes 1 each of the instruments listed below. (You will need to call or email to order this as it is a new item)
- Needle holder: Product # 6-56510, Mayo-Hegar Needle Holder, Straight, Serrated Jaws, 7.0"
- Tissue forceps: Product # 6-17908, Standard Pattern Dressing Forceps, Straight, Standard Serrated Tips, 5.5"
- Suture scissors: Product # 6-80903, Deaver Operating Scissors, Straight, Blunt Points, 5.5"
- Small clamp (optional): Product # 6-19904, Crile hemostatic forceps, 5.5", straight

Sutures: You can purchase expired suture for simulation. Please note this is a prescription item and a valid provider license # is required:

- Vendor: <https://www.esutures.com>
- For knot-tying (heavy suture easy to tie): #0 or #1 Vicryl on CT-1 needle
- For suturing (lighter suture, easy to tie): 2-0 Vicryl on CT-1 needle
- For perineal repair: 2-0 Vicryl on CT-1 needle; 3-0 Vicryl on SH needle
- For first assistant at cesarean simulation:
 - Uterus - #1 Vicryl on a CT needle
 - Fascia - #1 PDS or Vicryl on a CT
 - Skin - #4-0 on an SH or Keith (KS) needle for skin

Models:

- Flat models, commercial: <https://yourdesignmedical.com/collections/suture-pads>
- Perineal model, commercial: <https://yourdesignmedical.com/collections/suture-pads/products/episiotomy-perineal-laceration-suture-simulator-midline>
- Tissue model options:
 - Beef tongue (whole)
 - Beef roast, 4" thick (pot roast)
 - Turkey breast (with bone and skin)
 - Chicken or turkey wings
 - Pork loin
 - Chicken breast (with skin)
 - Fresh pigs feet (for simulation of subcuticular skin closure)
- Make-your-own foam and fabric flat and perineal model videos:

- Flat Model <https://www.youtube.com/watch?v=Z2RzZoKD2Y8>
- Perineal Model
<https://www.youtube.com/watch?v=SFQGP8GjzGE&feature=youtu.be>
- Tissue model videos: Pending
- Cesarean simulation model video: Pending