Make a Suture Board Cheap!

Brought to you by the R-VETS Team

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 Supplies Needed For Each Board

• 2 equal sized pieces of cardboard
• Spray starch
• Scissors
• Giant needle (the eye of needle should be large enough to accommodate the cord)

• ~ 4 feet of duct tape
• ~ 10 feet of super sticky 2” wide masking tape
• 18” to 24” of cord
• Towel
• 9” to 12” of rubber tubing
• Iron & ironing board
Draw 3 lines lengthwise that divide the towel into 4 equal sections.
Fold the towel so that the line to one side is aligned with the line down the middle of the towel.
Repeat with the other side.
Iron and spray starch your towel.
Tape the ends and the center of the towel with wide extra sticky masking tape (tape both front and back).
Cut the towel in half down the middle of the masking tape.
You now have two phantom board towels.
Lie the towel face down on your workspace.

The creases that meet on midline will not be visible.
Place one piece of cardboard in the center of your towel.
Place a strip of masking tape STICKY SIDE UP under the end of the towel.
Press firmly to secure the masking tape in place.
Fold the towel over the edge of the cardboard.
Press the tape FIRMLY to the cardboard (make sure you are working on a flat surface).
Repeat the process on the other end of the towel.
Pull the towel as snug as possible on this end. The snugger the towel, the better your board!
Turn your board over.
Cut a piece of tubing about 1½ inches narrower than your suture board.
Pass the cord through the tubing.
Thread the cord through the eye of the needle.
Pass the needle through all layers of the suture board, towel, and masking tape about 1 ¼ inch from the top and side edge of the board.
The tubing should stand up off the suture board slightly. This will make practicing your ligatures much easier!
Carefully pull the cord snug without damaging the cardboard.
Tie a secure knot in the cord.
Tape the ends.
Place the second piece of cardboard over the back of the suture board.
Align the cardboard.
Turn the board over carefully maintaining the alignment.
Place masking tape along the edges of the suture board so that $\frac{1}{2}$ the tape is on the board and $\frac{1}{2}$ the tape is left hanging over the edge.
Carefully flip the board over maintaining alignment of the two layers.
Fold the tape over the edge of the board and press firmly to the cardboard. Take care not to pull the towel out of position as this will affect the midline creases and make practice difficult.
Repeat with the other side. Again take care not to pull the towel out of position.
Turn your suture board over.
Place a piece of duct tape across the top of the board so that \( \frac{1}{2} \) of the width is attached to the towel and \( \frac{1}{2} \) hangs over the edge.
Turn the board over.
Cut the ends of the tape as shown.
Fold the bottom tab of tape over the back of the board.
Fold the center tab of tape on each side as shown.
Fold the tape over the top of the board.
Turn the board over and fold the remaining tabs down.
Repeat this process at the bottom of the board.
Place a piece of duct tape cut the exact length of the board on the side of the board with ½ the width of the tape attached to the towel and ½ of the width of the tape hanging over the edge.
Turn the board over.
Fold the duct tape down.

Repeat for the remaining side.
Now you are ready to get Practicing. Visit us online at:

http://www.r-vets.org/Suture-Basics.html
to start practicing!