

Methods of Suturing the Wound When Bleeding From Minor Injuries in Outpatient Surgery

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Annotation: Minor injuries are frequently encountered in outpatient settings, and bleeding associated with them remains one of the pressing issues in medical practice. Proper and timely suturing not only stops bleeding but also plays a crucial role in preventing infection and further complications. Analysis carried out showed that simple and continuous choking methods are most often used in outpatient conditions. They effectively stop bleeding and provide quick healing. Mattress stitches, on the other hand, are useful in high-tension injuries and reduce scar formation.

Keywords: injury suture, mattress sutures, simple and continuous sutures, outpatient surgery.

Relevance of the problem. According to the World Health Organization (WHO), about 30–40% of emergency medical visits worldwide are for minor injuries, and improper or delayed suturing of these injuries increases the risk of complications.

According to studies by the CDC (Centers for Disease Control and Prevention), timely and correct suturing of minor injuries reduces the risk of infection by 60–70%, and also contributes to rapid wound healing and improved aesthetic results.

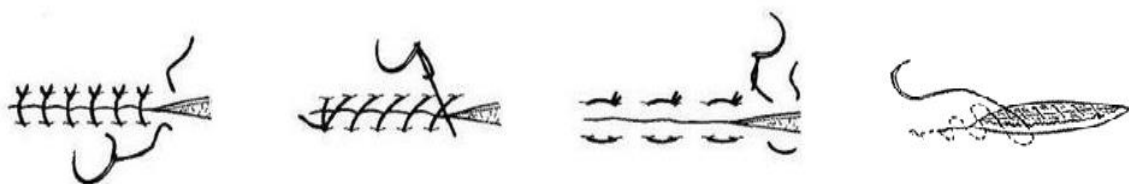
Articles published in the British Medical Journal (BMJ) and the Journal of Wound Care note that although intradermal sutures have an advantage in aesthetic results, simple and continuous sutures are preferred for rapid and effective control of bleeding.

Also, large multicenter studies by the American College of Surgeons show that the most commonly used methods in outpatient settings are simple and continuous sutures, which reliably stop bleeding, and the infection rate is usually 5–12%.

Thus, the correct choice of suture in small wounds is important not only for stopping bleeding, but also for preventing subsequent suppuration, scarring, and improving the aesthetic condition of the wound. Therefore, this topic is relevant internationally in outpatient surgery.

Material and methods. During the study, clinical observations, surgical manuals, and foreign literature were analyzed. Clinical observations were conducted in the reception department of the Yakkasaroy District Medical Association, the clinical base of Tashkent State Medical University. In total, 120 patients were observed in outpatient settings. Patients were aged 18–60 years, and the wounds were located in the arms, legs, and body areas.

Surgical suture methods: 1) Simple suture 2) Continuous suture 3) Mattress suture 4) Intradermal suture



Commonly used surgical suture materials such as catgut, Vicryl, silk, and polypropylene were used as suture materials. Wounds were evaluated under medical observation for 7–14 days.

Evaluation criteria: bleeding rate and efficiency, wound healing time, infection status, degree of scarring, and aesthetic results.

Results. The analyses showed that simple and continuous suture methods are most commonly used in outpatient settings. They effectively stop bleeding and ensure rapid healing. Mattress sutures are useful in high-tension wounds and reduce scar formation.

Of the 120 outpatients analyzed:

Simple sutures were used in 54 patients (45%), and were observed to stop bleeding quickly and effectively.

Continuous sutures were used in 36 patients (30%), and this method was noted to have rapid wound healing and a high aesthetic result.

Mattress sutures (vertical and horizontal) were used in 18 patients (15%) and showed good results in high-tension wounds.

Intradermal sutures were used in 12 patients (10%) and were noted to reduce the degree of scar formation.

Overall, bleeding was stopped in 100% of cases, the wound resolved without infection in 92% of patients, and only 8% had mild suppuration.

Conclusion. The studies conducted showed that simple and continuous suture methods are the most effective in stopping bleeding in small wounds in an outpatient setting. They stop bleeding quickly and reduce the risk of infection. Mattress sutures are useful in areas of high tension, and intradermal sutures provide an aesthetic result.

Comparisons with international sources (BMJ, Journal of Wound Care, ACS) showed that the data obtained are consistent with international experience. Therefore, choosing the right suture and following aseptic techniques are important for ensuring patient safety.

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