The Aberdeen 'continuous interrupted' surgical suturing technique

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BACKGROUND

The continuous suturing technique has been widely used in surgical practice. It helps in a gradual approximation of tissue edges and is less time-consuming when compared to interrupted sutures. The disadvantage of the continuous suture is that failure of any part of the suture will result in loosening along its whole length. The Aberdeen knot is commonly used for surgical wound closure and is known for its tensile strength and reliability.^{1,2} It is often used at the end of wound suturing.³ We have used this knot in our 'continuous interrupted' suturing technique.

TECHNIQUE

Once started, after every two or three passages through skin or wound edges, an Aberdeen knot is tied without cutting the suture (Fig. 1). The suturing is continued the whole length of wound as required. Thus, we have incorporated use of Aberdeen knot at regular intervals within the continuous suturing.

DISCUSSION

This technique has the advantages of rapid closure without the need for assistance at cutting the suture. In addition, if the suture fails at any place, it acts as an interrupted suture and thus failure along the whole length does not occur.

References

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Figure 1 Continuous suturing using the Aberdeen knot.