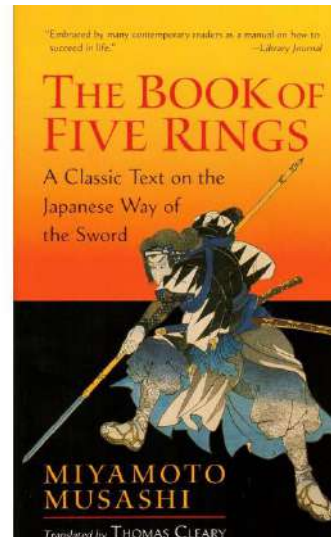


Clean dissection is sharp dissection

Philosophy

The Way of the Samurai - keep Martial arts in your mind

- Think of what is right and true
- Practice and cultivate the science
- Become acquainted with the arts
- Know the principles of the crafts
- Understand the harm and benefit in everything
- Learn to see everything accurately
- Become aware of what is not obvious
- Be careful even in small matter
- Do not do anything useless



The katana must be one of the most elegant and functionally designed weapons of war ever developed. The history of Japanese sword making dates back 2000 years and the katana (a two-handed single blade sword) was developed in the fifteenth and sixteenth century. The metal smiths of the 1600 were chastised by the ruling shogun for having poor weapons and challenged to produce an unbreakable sword. The process of making the sword involves harnessing the power of the elements – the earth for the ore, the fire for forging and water for the quenching. The ore is hand-picked, the fire requires the right logs and is attended by the masters for days. The best water was found in particular streams and at the right temperature in the spring. The folding and hammering are done with precision and rhythm and the polishing with whetstones. The skills required take a lifetime to master and imbued with ritual and the practice of Shintoism and Buddhism – sword making takes several months. The finest katana are priceless, and each master is left a signature or *MEI* on the handle or *NKAGO* or tang. The care and dedication are reflected in unique and individually defined file marks and the temper line *HAMON* along the edge or *HA*.

The art of a surprise attack and counterattack is called *IAIDO* and is a meditative type of combat that is fought with an imaginary opponent. The word that describes laido is *serenity*, without which your movements will lack purpose and precision – applicable to surgery? Many eminent Japanese surgeons have ancestors who were Samurai!

History

Sharp tools for cutting flesh and scraping hides have been required from the times of early Mesolithic man using flints. There is evidence of scalpels going back to Mesopotamia and the ancient Egyptians. The Romans refined the blade with their knowledge of metallurgy and perhaps the need to shape and fashion hair. It comes as no surprise therefore that the first surgical instrument to be designed was the scalpel – Hippocrates described the “macairion” which is essentially a blade with a sharp end and cutting edge with a handle. The word scalpel derives from the Roman word “*scallpellus*”.

The need to release the 'evil' vapours through incision of boils and venesection was commonplace. Amputation of dead, dangerous, and useless parts of the body also prevailed in the middle ages – the principles for amputation today! Rituals of circumcision, venesection and lancing all required blades. It was with the advent of the industrial revolution that metallurgy enabled the further development of the knife and cutlery.

The Bard-Parker Company and patented the scalpel in 1915. It featured a specialized handle with an interchangeable blade made from modern stainless-steel alloys, a concept that was inspired by the disposable shaving blades developed by King Gillette in the early 1900's. Swann Morton was founded in 1932 by Walter R. Swann, J. A. Morton and D. Fairweather to make and sell razor blades. It was in the 1930's that they started to make surgical blades. Their company is based in Sheffield that is at the heart of industrial Britain and famous for the stainless steel of most of our cutlery. In the 1960s demand for sterilized surgical blades increased and Swann-Morton developed, with the expertise of and enabled Swann-Morton to be completely self-sufficient for all its sterilisation requirements.

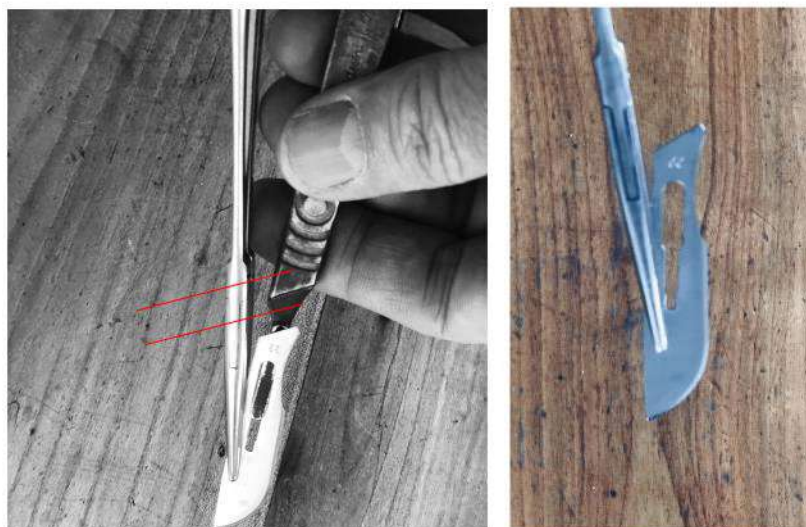
Safety

Scalpel blades are very sharp and must be handled with care. This starts with mounting the blade. Please handle the blade with a haemostat on the edge opposite to the blade. Ensure that you have a good grip. Hold the blade in the haemostat with the point into a safe surface. Align the blade and handle. Slide the handle onto the blade – the blade is steadied and not pulled onto the handle.

Reverse the process removing the blade – the blade is lifted off the diagonal bevel of the handle with a haemostat. The haemostat is repositioned to securely hold the blade opposite the sharp edge. The handle is pulled off the blade that has to be pointing into a surface - not the patient.

Scalpel blades must be passed between the surgeon and scrub nurse in a kidney dish as all times.

Any graduate in the Black Belt Academy of Surgical Skills who fails to demonstrate safe handling of the blade and disposal of sharps, will not be allowed to progress to the next belt.



Principles

We are covered in a thick-biological-water-and-germ-proof-integument that protects us from the hostile environment. Surgeons breach this protection with incisions as precursor to all operations. It is therefore important to respect the skin and cut through it with accuracy as you are breaching defences.

The epidermis of thick skin has five layers: **stratum basale**, **stratum spinosum**, **stratum granulosum**, **stratum lucidum**, and **stratum corneum**. The **stratum basale** is a single layer of cells primarily made of basal cells. A basal cell is a cuboidal-shaped stem cell that is a precursor of the keratinocytes of the epidermis – the sixth layer is the dermis and the seventh the muscle. Learn to cut cleanly through the first five without damage to dermis and muscle. Understand the amount of pressure required to make an incision is little more than the weight of the forearm - the most prized katana is called a ‘five body sword’ as it can slice through five bodies in one stroke.

Respect the tissue opening and closing will reduce wound infection. Primary healing is best achieved with two clean and fresh edge that are gently apposed when closing. Drain can help close dead space and removes exudate. Cutting diathermy fulgurates the surrounding tissue - it not recommended.

Do not ever forget that the patient will always remember you, your words and your actions looking at their scar – it is your indelible signature on them for their life. Make it the best it can be as it is your calling card - this does not happen on a wing and prayer! Be careful even in small matters was the philosophy of the Samurai

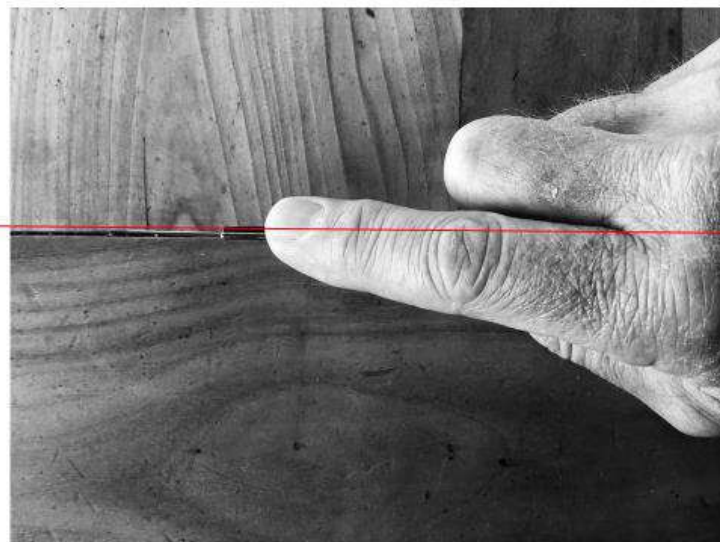


Handling

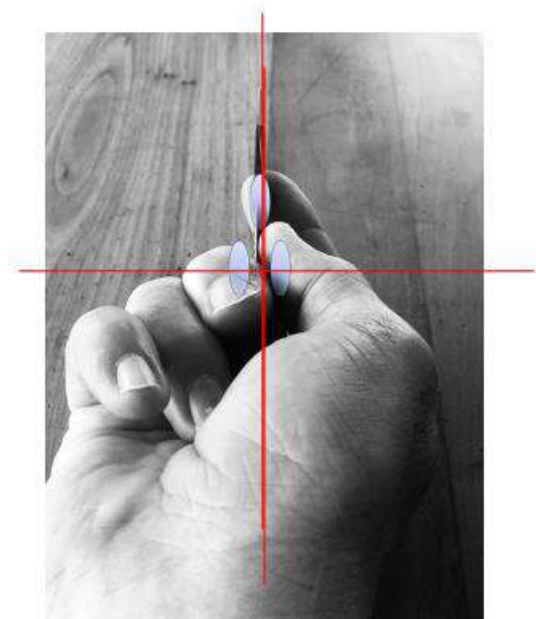
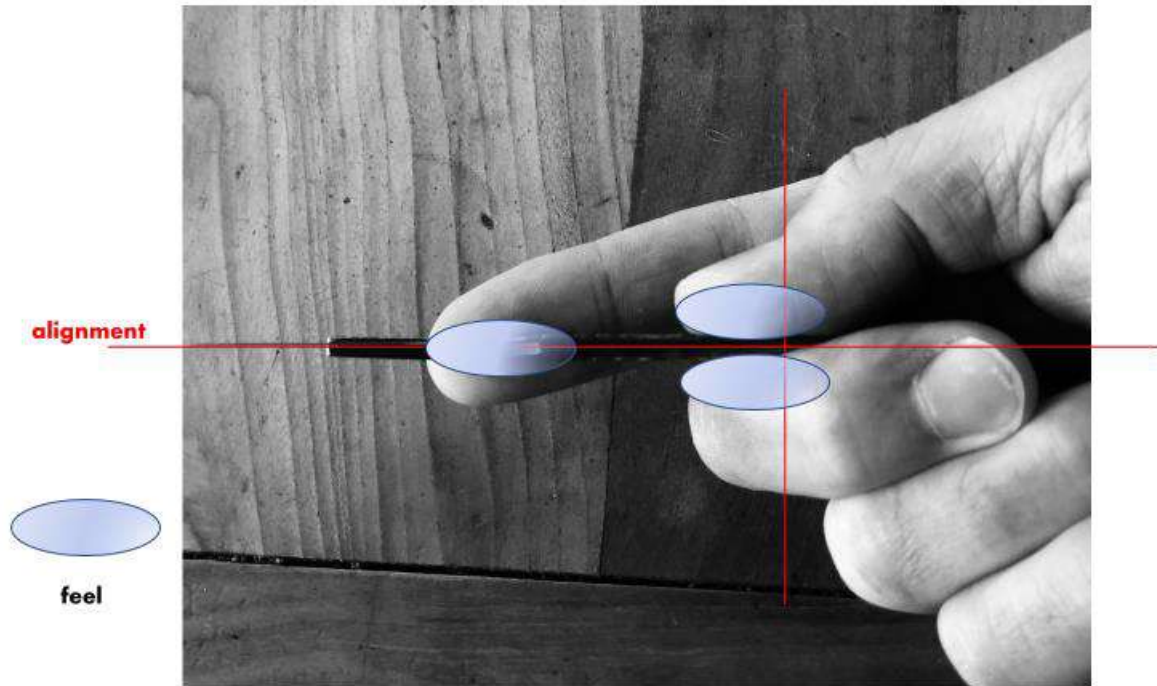
Debrett's (a definitive guide to English etiquette) states that it is incorrect to hold a knife like a pen. It is the same for a scalpel! The handle lies within the palm of the hand. The pulp of the thumb and the edge of the terminal phalanx of the middle finger are applied either side of the handle. Outer tie rods and lower control arms of a car suspension keep the wheel of the car flat to the surface – the

thumb and middle finger are doing the same as the blade makes the incision as it insures the blade is perpendicular to the skin at all times. The index finger is extended down to blade with the extension of the terminal phalanx. The whole pulp of the index finger is applied to the dorsal surface of the blade and held in place by the lumbrical optimising lightness of touch and proprioception. Think of the index finger as a 'cantilever-suspension arm' controlling the pressure of the incision. The pressure requires it little more that the weight of the forearm.

Use the belly of the blade and dram the blade away from you. Do not use the point– the 11 scalpel blade is pointed for lancing and the depth is controlled by the fingers.



incision



Incisions

An incision is made with two hands. The non-dominant hand supports and spreads the skin between the thumb and fingers parallel to the blade and across the blade throughout the incision. The blade is 90 degrees to the skin throughout – any deviation results in slicing.

Incisions are made along Langer's lines or skin creases. They are frequently aligned or positioned to bony landmarks. It is important to remember these landmarks are obscure with obesity and that age may mean the dermis and skin have 'sagged'. For example, harvesting the long saphenous vein from the thigh will be problematic if that sagging thigh is not held up and the incision aligned from

two fingers below and lateral to the pubic tubercle to one hand breadth medial to the patella. Remember that self-adhesive drapes will distort anatomy and drag the skin and dermis from one side to another. It is better to put the drapes on from head to toe and not side to side.

Care must be taken with long incisions. Cardiac surgeons are often accused of being able to do one operation because there is one incision; it requires attention to detail to ensure a 22 cm sternotomy incision is perfectly down the middle like plumb line! The trick is to remember that we will unconsciously turn our hips as the incision continues laterally out from your midline – this will result in a curve and can be mitigated by adducting the shoulder and extending the elbow.

Be careful not to be distracted by the alignment of the drapes – they are not anatomical reference points!

It is important to use the full length of the wound and ensure that ends of the wound are full thickness. Indeed, access can be improved by undermining the ends of the wound – it is useful to increase the exposure by having a longer incision through the dermis and muscle layers. However, retraction on skin wound for prolonged periods will cause ischaemia of the skin at either end of the wound thereby increasing the chance of scarring and infections. Consider increasing the length of incision to improve access. It may be fashionable to have small incisions but remember wound heal from side to side and not end to end. Carefully aligned incisions with respect to the tissues will optimise primary healing, reduce scarring, and improve function.

The scalpel blade can be held in the fingertips of the thumb and index for fine work, usually with smaller blades e.g. a 10 but more effective with a 15 blade. It is important to ensure that elliptical incisions are made with blade at 90 degrees to the skin throughout the curve. The ellipse should be long enough to ensure the two edges come together without tension and along Langer's lines.

