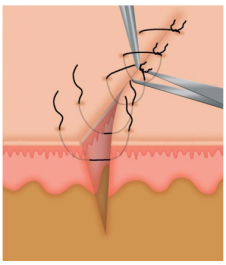
STEEKKAART: HECHTEN

RESORBEERBAAR VS. NIET-RESORBEERBAAR

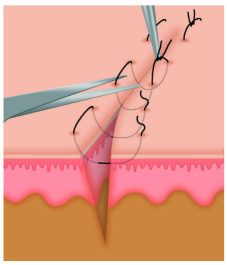
Resorbeerbaar: Vicryl (rapide) ®, Monocryl®, PDS® → subcutaan, intradermaal, mucosa, huid.

Niet-resorbeerbaar: Nylon, Prolene®, Ethilon® → huidhechtingen die later **verwijderd** worden.

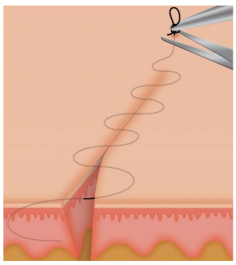
HECHTINGEN VERWIJDEREN



Enkelvoudige hechting



Donnati / matras hechting

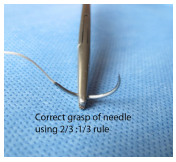


Intradermale hechting

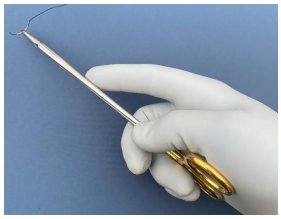
Locatie	Wanneer verwijderen
Gelaat	5-7 dagen
Hoofdhuid	7-10 dagen
Romp	10-14 dagen
Hand	10-14 dagen
Gewrichten	12-14 dagen

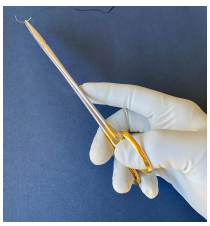
WELKE HECHTING VOOR WELKE WONDE?

Wondtype	Aanbevolen techniek
Lineaire, niet-gespannen wonde	Enkelvoudige hechting
Wonde met spanning	Donati (vertical mattress)
Onregelmatige wonde	Enkelvoudige hechtingen
Diepe wonde	Subcutaan resorbeerbaar + huidhechting



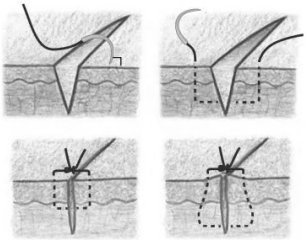
Locatie	Vaak gebruikte draad
Gezicht	5-0 of 6-0 nylon / prolene / steristrips / lijm
Hoofdhuid	3-0 of 4-0 nylon / staples
Romp	3-0 of 4-0 nylon
Hand	5-0 (of 4-0) nylon / vicryl rapide
Subcutaan	2-0 of 3-0 vicryl



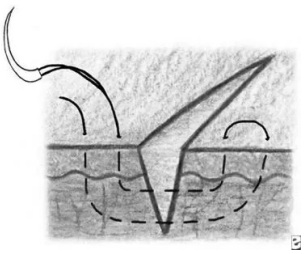


HECHTINGSTECHNIEKEN

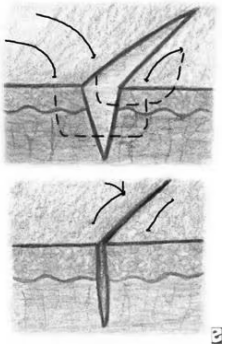
- **Lokale anesthesie** dosering: https://www.mdcalc.com/calc/10205/local-anesthetic-dosing-calculator
- Insteek ± 5 mm van wondrand
- ± 5–10 mm tussen hechtingen
- Naald loodrecht door huid
- Licht everteren van de wondranden



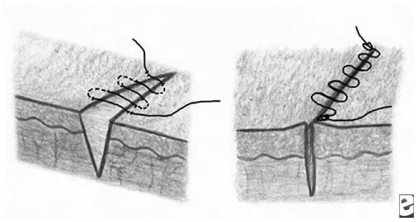
Enkelvoudige hechting



Donnati hechting



Horizontale matras



Doorlopende hechting