

## **VIRTUAL BOOTCAMP**

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### **Week 1-2 Kit**

1. Suturing/Tendon repair
  - a. Skin substitute
  - b. 3-0 Ethibond - 8
  - c. 2-0 vicryl - numerous
  - d. Nylons – numerous
  - e. Adson w/ teeth – 1
  - f. Debaquey - 1
  - g. Needleholder - 1
  - h. Suture scissors – 1
  - i. 15 blade – 2
  - j. Banana - 1
  - k. Orange – 1
  - l. Shoe string (tendon) – 1
  - m. Paper plate – 1
2. Microsurgery
  - a. Foam board - 1
  - b. Thumb tacks – 2
  - c. Blue towel - 1
  - d. Cardboard model – 1
  - e. Rubber glove – 4
  - f. Small plastic tubing – 1
  - g. Castro Viejo needleholder – 1
  - h. Micro pickup/vessel dilator – 1
  - i. Fake vessels – 2
  - j. 6-0 nylon - 4
3. Debridement
  - a. Banana - 1
  - b. Soil
4. Vascular Ligature
  - a. Hemostat - 2
  - b. Silk ties – 4 packs
  - c. Suture scissors - 1
  - d. Rubberband nail-board/Ligature model – 1
  - e. Rubber bands – 1 pack
5. Drill Model
  - a. Vice grip – 2
  - b. PVC pipe – 1
  - c. Wood shim – 1
  - d. Foam board -1
  - e. Drill – 1
  - f. Drill bits – 1
  - g. [Work bench – 1](#)
6. General
  - a. Heavy duty transport bag/box – 1
  - b. Safety goggles – 1

**Arthroscopy Kit x3**

*Basic Instrumentation:* Laptop, Camera, FAST Base, FAST Opaque

*Triangulation:* Probe, Probe Numbers (8), Screwdriver kit

*Targeting:* Horizontal ring transfer, Vertical ring transfer, grasper

*Maze:* Maze, Probe

*Knot tying:* Knot tying board, Knot pusher, heavy suture

*Shoulder:* Shoulder model (4), probe

*Menisectomy:* Probe, biter, menisectomy model (4)

*Suture passing:* Knot-tying board, suture, grasper, knot pusher, Suture passer, suture passer sim (4)

## Week 3-4 Kit

1. Suturing/Tendon repair
  - a. Skin substitute
  - b. 0-vicryl - 8
  - c. 2-0 vicryl - numerous
  - d. Nylons – numerous
  - e. Adson w/ teeth – 1
  - f. Debaquey - 1
  - g. Needleholder - 1
  - h. Suture scissors – 1
  - i. 15 blade – 2
  - j. Banana - 1
  - k. Orange – 1
  - l. Shoe string (tendon) – 1
  - m. Paper plate – 1
2. Microsurgery
  - a. Foam board - 1
  - b. Thumb tacks – 2
  - c. Blue towel - 1
  - d. Cardboard model – 1
  - e. Rubber glove – 4
  - f. Small plastic tubing – 1
  - g. Castro Viejo needleholder – 1
  - h. Micro pickup/vessel dilator – 1
  - i. Fake vessels – 2
  - j. 6-0 nylon - 4
3. Debridement
  - a. Banana - 1
  - b. Soil
4. Vascular Ligature
  - a. Hemostat - 2
  - b. Silk ties – 4 packs
  - c. Suture scissors - 1
  - d. Rubberband nail-board model – 1
  - e. Rubber bands – 1 pack
5. Drill Model
  - a. Pliers – 1
  - b. Vice grip – 2
  - c. PVC pipe – 1
  - d. Wood – 2
  - e. Foam board -1
  - f. Drill – 1
  - g. Drill bits – 1
  - h. [Work bench – 1](#)
6. General
  - a. Heavy duty transport bag/box – 1
  - b. Safety goggles – 1
7. Instrumentation
  - a. Instrumentation set: Screwdriver, four 3.5 non-locking screws, 3.5/2.5 drill guide, 1 depth gauge, 1 plate, 1 small pointed reduction clamp, 1 lobster claw, three 1.6 mm k-wires, ex-fix set
  - b. Sawbones: Tibia, Femur, Radius/Distal tibia, Forearm, Ankle (all originally requested from Depuy + some we have in stock)
8. Splinting
  - a. Wrist V/D: three 4 in webriil, two 4 in plaster, one 2-3 in ACE, one 4-in ACE, tape

- b. Intrinsic plus: three 4 in webril, two 3-4 in plaster, one 2-3 in ACE, one 4-in ACE, tape
- c. AO ankle: four 4 in webril, two 6 in webril, five 4 in plaster, two 4 in ACE, tape, kerlix