

## JAFRI'S KNOT

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### Introduction

A knot is used to fasten a linear material. Reef knot is basis of various surgical knots. Surgical suture is a medical material which is used to keep body tissue together after injury or during surgery.<sup>1</sup> This material is in the form of thread usually and has a needle attached with it. There are different types of needle threads, according to their shapes and strength.

The history of surgical suture is very old and dates back to 3000BC, in ancient Egypt. There are reports of presence of suture material in a mummy around 1100BC. Indian sage and physician Sushruta in 500

BC used suture material for wound closure. Hippocrates and later Roman Aulus Cornelius Celsus described various sutures techniques. Roman physician Galen described gut sutures in 2<sup>nd</sup> century, while Joseph Lister introduced sterile surgical suture in 1860s.<sup>2</sup>

There are different techniques of tying knots like simple interrupted stiches, continuous stiches, vertical and horizontal mattress stiches, continuous locking stiches, barbed stiches, purse sting sutures, figure of 8 stiches, subcuticular stitch etc.<sup>3</sup>

We are introducing a new suture technique by the anime of Jafri's knot or stitch.

### Technique

In this, the needle is passed through the tissue to be stitched twice as in a continuous simple stitch manner (Fig. – 1 and 2). Then the needle is moved under the suture loop towards one side and the free end of the thread towards the other side (Fig. – 3 and 4). The knot is tied to secure the threads (Fig. – 5 and 6). In this

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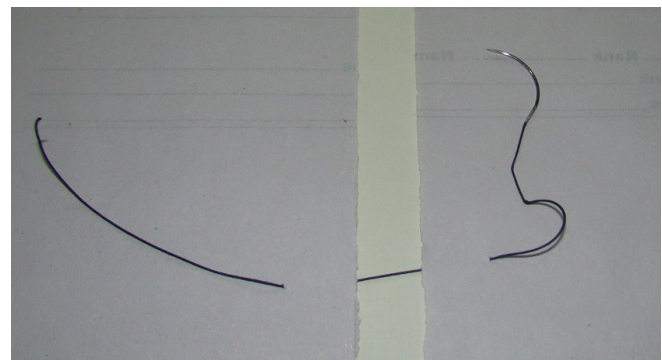
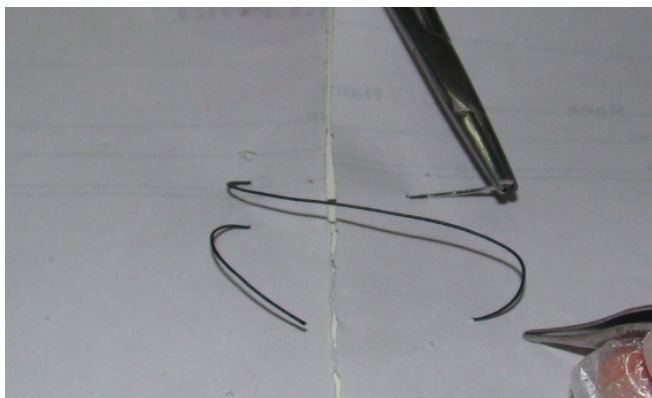
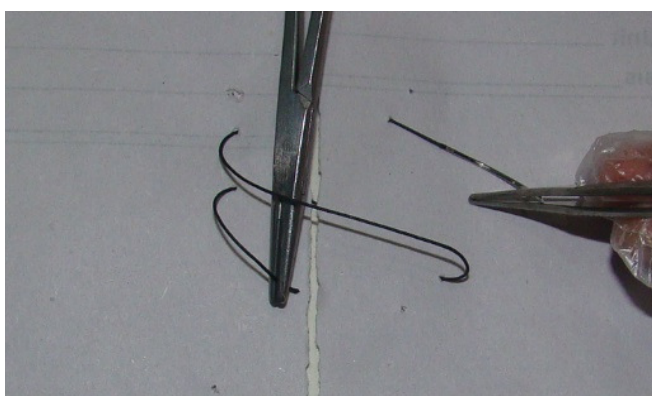


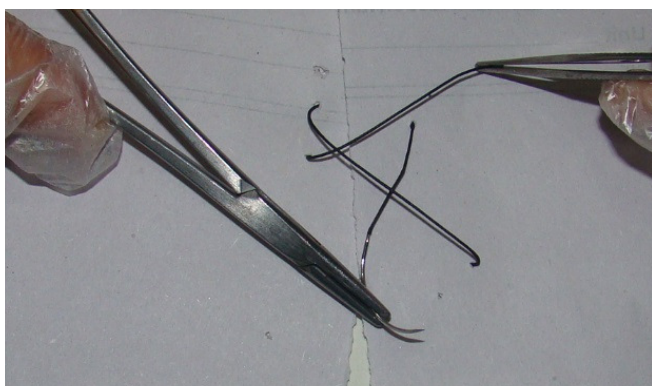
Figure 1:



**Figure 2:**



**Figure 3:**



**Figure 4:**

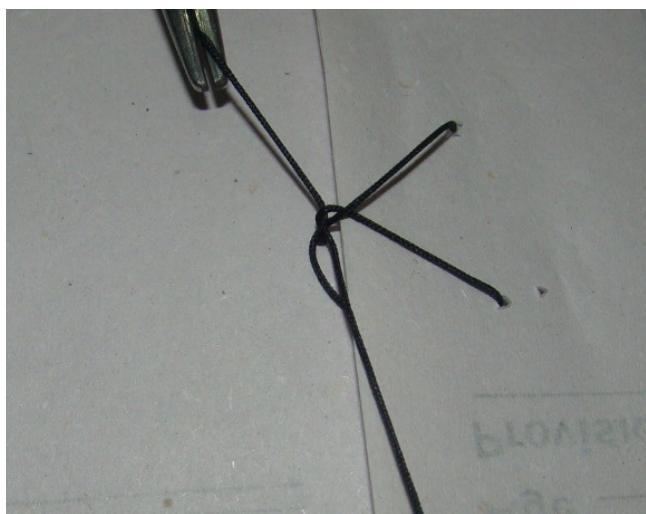
way the opposite sided threads under the thread loop bear the tension and so strength is given by this technique.

Jafri's Knot is specially indicated in tying muscle mass, extensor as well as flexor tendons, subcutaneous

tissues etc. further studies about mechanical strength and different sutures materials used for it are required.



**Figure 5:**



**Figure 6:**

## Reference

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