Contents

SECTION 1: Concepts and Attitude

1. **Surgical Deportment and Opinion: I Think, Therefore I Am 3**
   Harsha Jauhari
2. **Join the Race or be Left Behind—"Staying Abreast" 5**
   Harsha Jauhari
3. **Panic and the Surgeon: "To Fuse or Defuse" 8**
   Harsha Jauhari
4. **Self-doubt, Self-audit, Self-reliance—Optimizing Competence: Confidence Ratio 10**
   Harsha Jauhari
5. **Conceptualization and Visualization of an Operation: Preparation for Surgery 13**
   Harsha Jauhari
6. **Art of Assistance in Surgery: "Standing beside You" 18**
   Abha Majumdar
7. **The Art of Selecting a Suitable Incision in Surgery and Art of Retraction 20**
   Vijay Arora
8. **Approach to a Lady as a Surgical Patient 24**
   Abha Majumdar
9. **Approach to a Child as a Surgical Patient 27**
   Anurag Krishna
10. **Pain—Friend or Foe 29**
    Pradeep Jain, Naresh Dua
11. **Progress in Minimal Access Surgery 32**
    Vivek Bindal, Anupam Goel
12. **Tissue Handling: "Gently does it" 36**
    Vasundhara Oberoi

SECTION 2: Surgeon and His Tools

13. Catheters and Cannulas 41
Ashish Dey

14. Electrocautery—Arts and Principles: A Fundamental Concept 45
Deep Goel

15. Hypodermic Needles—Intramuscular and Intravenous 55
Harsha Jauhari

16. Needles—Solid Needles 60
Harsha Jauhari

17. Stumps 64
Harsha Jauhari

18. Sutures and Suturing Techniques 68
Vasundhara Oberoi

19. Drains and Tubes 73
Ashish Dey

20. Dressings 76
Vasundhara Oberoi

21. Knots and Knotting Techniques 81
Ashish Dey

22. Painting, Draping, and Positioning in Surgery 88
Rajesh Khullar

23. Vascular Anastomosis 91
Ajay Yadav

24. How to Send a Sample for Biopsy? 95
Sunita Bhalla

25. Sample Collection in Microbiology 98
Sanghamitra Datta, Chand Wattal

26. Use of Ultrasound in the Operation Theater: Vascular and Non-vascular Uses 102
KK Saxena

27. Surgeon and Surgical Instruments 106
R Sarangi

SECTION 3: Young Surgeon as the First Responder

28. Anesthetist as the First Responder **111**
Rashmi Jain

29. Orthopedic Trauma **115**
VK Nijhawan

30. Superficial Injuries and Burns **118**
R Khazanchi

31. Trauma and the Vascular Surgeon **120**
Rajiv Parekh

32. Primary Management of Ocular Trauma in Polytrauma **122**
AK Grover

33. Roadside Trauma in a Pregnant Patient: The Obstetrician's Role **127**
Harsha Khullar

SECTION 4: Ward Procedure Skills

34. Central Venous Line Insertion **135**
Niraj Tyagi

35. Nasogastric Tube and Insertion Technique **140**
Niraj Tyagi, Ashish Dey

36. Abdominal Paracentesis and Thoracocentesis **143**
PK Agarwal

37. Epistaxis **146**
Devinder Rai

38. Fine-needle Aspiration Cytology **151**
Sunita Bhalla

39. Intra-articular Aspiration, Injection, and Soft Tissue Injection **157**
Lalit Duggal

40. Liver Biopsy **163**
Anil Arora

41. Lumbar Puncture **166**
Ish Anand

42. Urinary Catheterization: How to do it Safely **172**
Ajay Sharma

Index *175*