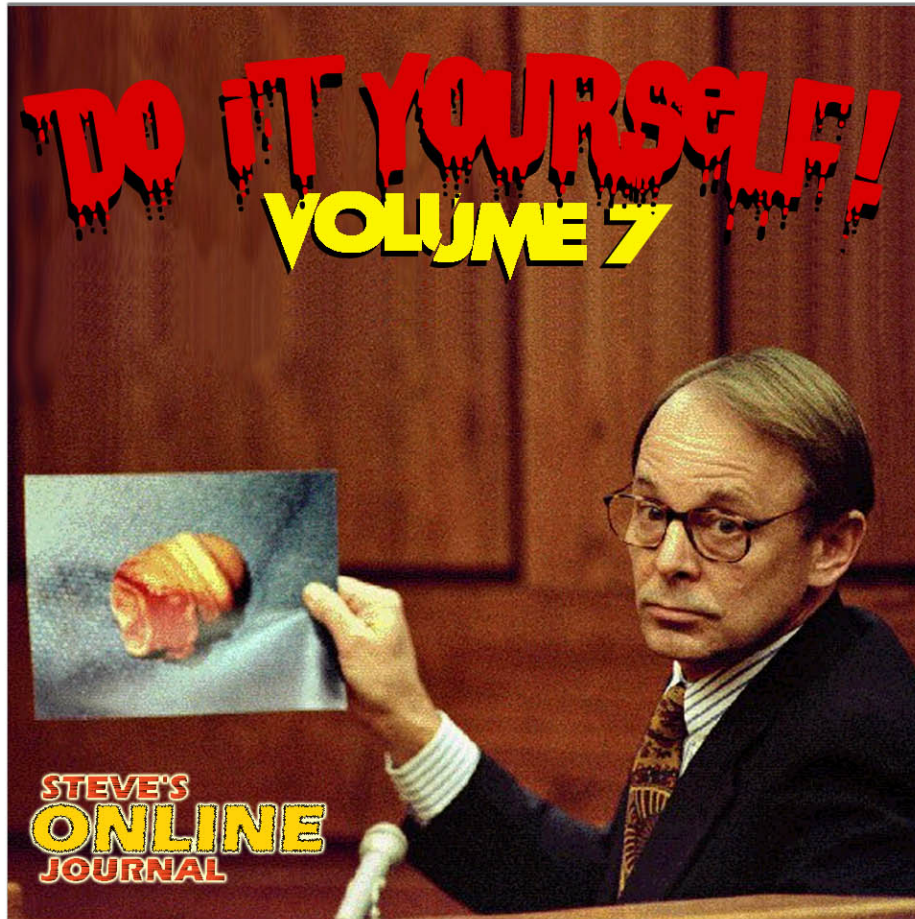




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DO IT YOURSELF! VOLUME #7

NERF HERDER "JENNA BUSH ARMY"

Cenzo "GO BACK NOW"

TSUNAMI BOMB "RUSSIAN ROULETTE"

the SLACKERS "RIDER"

ONLY CRIME "TENEBRAE"

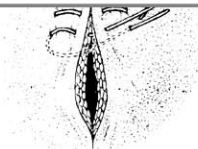
MOTION CITY SOUNDTRACK "THE FUTURE FREAKS ME OUT"

THE NETWORK "TRANSISTORS GONE WILD"

SKINHEAD "SET IT OFF"

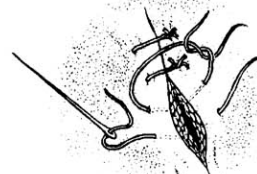
THE SØVIETTES "BOTTOMS UP, BOTTOMED OUT"

\$WINGIN' UTTERS "5 LESSONS LEARNED"



VERTICAL MATTRESS

Used to alter the angle or pull
Use approximation
round edges with
small amount of suture material



Each stitch is separate and tied
independently of the other stitches;
less chance of bacteria growth spreading
length of the wound



ORDINARY CONTINUOUS
OVER AND UNDER

Used where tight closure is essential
to prevent escape of fluids

DO IT YOURSELF! VOLUME #7

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