Z-PLASTY
or
SKIN LESION REMOVAL

Ingredients

-Towels
-Pork hock
-Marking pen
-Blue towel with window
Steps

1. Defrost the pork hock at least 2 hours prior to the procedure

2. Using a marking pen, draw a 4 cm horizontal line which resembles a scar for Z-plasty

   OR

   a dot 5 mm in diameter for skin lesion removal

3. Roll up a wet towel as a donut ring to balance pork hock

4. A non-slide pad can be put underneath the model and towel “donut ring” for better stabilization.
5. Drape with a blue covering

**Both sides of the pork hock can and should be used**