

Are OT Table Mat Really Necessary for Every Surgery

In operating rooms, planning and equipment should be perfect to keep patients safe as well as achieve the best results. The last component on this list and probably one of the most significant is OT table mat. Surprisingly, many do not realize the importance of the OT table mats for positioning, comfort and safety of a patient. But are they indispensable to any operation? Now, let's examine why these mats and in particular those made from silicon gel, are useful in a vast number of surgical cases.

The Purpose of OT Table Mat

OT table mats are specially cushioned surfaces used and placed on operating tables when attending to patients and to reduce the likelihood of developing pressure ulcers on patients' bodies during surgery. While undergoing operations most patients remain confined to a single position for long periods, and localized pressure generates pain and might even lead to complications such as bed sore or nerve injury. Many of the styles of [OT table mat](#) act to protect from these hazards, including those made of silicon gel as it does not place pressure on any one area as might lead to such dangers.

The Purpose of OT Table Mat

Silicon gel pads have been observed to have some interesting properties that have made them a common OT table mat material. Silicon gel is neither hard nor too mushy to provide the body with proper support and its pliant shape makes it an excellent choice as a pressure minimizing material. In surgery operations involving operations on the side of the patient's body or involving a lateral position, the lateral position gel pads are incorporated on the OT table to ensure the body does not slip while reducing pressure on muscles or nerves.

Advantages of Silicon Gel Pads in OT Table Mat

1. **Pressure Distribution:** Silicon gel is flexible and can touch a patient's body to distribute pressure, reducing possibilities of breakdown or pressure ulceration.
2. **Temperature Stability:** Silicon gel does not get affected by temperatures; patients, therefore, do not feel hot or cold, depending on the environment in the operating room.
3. **Enhanced Stability:** The silicon gel thickness of OT mats is safe non-slip for the patients and is very important for different positions of the patient like a lateral or prone position.

How OT Table Mats Aid in Different Surgical Positions

Other positions that can be supported by the OT table mat include; supine, prone, and lithotomy apart from the lateral position. In each of these positions, there are biomechanical and tissue requirements for the patient's body positioning to be appropriately useful to the patient. For instance, prone position surgeries, that is surgeries where the patient is positioned to lie face down on the operating table, comes with mats in the chest and pelvis; this makes it easier to reduce pressure on the back and articulations. In the same way, lithotomy positions (as applied in gynecological and urological surgeries) demand mats that should accommodate legs and avoid nerve injury.

[Lateral position gel pads](#) are usually incorporated into the OT table mats, and offer the required side support for the particular surgeries where the patient is to remain in a lateral position. These pads assist in retaining the normal alignment of the body especially in spinal, thoracic and hip surgery. Without such support, the patient may change position, which is a potential danger in such a condition.

Are OT Table Mats Essential in Every Surgery?

Although various surgeries do not require long time and complicated positions for the patient and the surgeon, every operation is better to use the OT table mat. It also becomes evident that even brief surgeries are dangerous to patients who are on hard or inadequately padded surfaces. OT table mats with [silicon gel pads](#) help avoid pressure points and awkward positions, so they are justified for every procedure.

Conclusion:

In conclusion, OT table mats specifically; the silicon gel pads and lateral position gel pads provide support and protection that can be hard to come by with table padding only. They reduce risk factors, alleviate pain, and optimize the specific results. Purchasing high-quality OT table mats is a small investment with added plus, therefore, became a necessity for almost all surgeries.