

## **How I do It: Instructions to authors**

This new section in the journal is for showing how surgical procedures are carried out.

### **Papers should be submitted as follows:**

Title Page,

Abstract (no more than 100 words) including: Background – Method - Conclusion

Authors – Limit of 3 named authors

There is a limit of 1200 words for the rest of the paper.

There is a limit of 6 figures

Following paragraphs should appear in the manuscript:

- Relevant surgical anatomy
- Description of the technique
- Indications
- Limitations
- How to avoid complications
- Specific perioperative considerations (pre & postop workup, instructions for the postop care, ...)
- Specific information to give to the patient about surgery & potential risks
- A summary of 10 key points is required at the end of the manuscript
- References: Limit of 10 key references
- Disclosure - Conflict of interest should be noted on the title page and form must be filled in and uploaded

**Videos of the procedure should be uploaded** – there is no limit to the size of the video files. They should be uploaded on the EM system within 15 minutes. Please note a fast broadband/fiber optic connection is required. The videos should not be more than 2-3 mins in length.

For example, if you upload a 20MB file on an ADSL connection, it will take about 7 minutes to upload. This should give submitting authors a sense about the size file they can realistically upload based on their Internet connection speed.