tip of a vicryl reel held in the jaws. Advance Ryle's tube through open part of anastomosis. Tie vicryl to the tube orifices. Withdraw tube and deliver vicryl per nostril. Tie thread to tip of a nasojejun tube. Extract tube at the Roux loop enterotomy and pass tip distally. Remove guide wire and secure tube by suturing to nose. Close both anastomoses in normal way.

Optimum incision length for port insertion in laparoscopic surgery

DAMIAN MCKAY, GEOFFREY BLAKE
Department of Surgery, Institute of Clinical Science, The Royal Victoria Hospital, Belfast, UK

CORRESPONDENCE TO

Mr Damian McKay, Department of Surgery, Institute of Clinical Science, The Royal Victoria Hospital, Grosvenor Road, Belfast BT12 6BA, UK
E: damianmckaydoc@hotmail.com

Surgeons estimate the length of incision required for port insertion. The incision is often too long causing a greater cosmetic blemish and possible loss of pneumoperitoneum. A small incision risks tissue necrosis and infection due to pressure effects on the tissues. Using the equation for the circumference of a circle, the correct incision size is $\pi d/2$ where d is the approximate external diameter of the port in millimetres. Each side of the wound is equivalent to half the circumference of the port. For a 10-mm port:

$$\frac{3.142 \times 10 \text{ mm}}{2} = 15.7 \text{ mm} \quad (\text{Approx. } 16 \text{ mm})$$

Table 1 Common port sizes and appropriate skin incisions

Port size (mm)	Approximate skin incision (mm)
5	8
10	16
12	19

Use of this guide should minimise patient scarring, air leak, and tissue damage.

Arthroscopically-assisted percutaneous fixation of a posterior fracture dislocation of the proximal humerus

M COSTA
Department of Orthopaedics, West Suffolk Hospital, Bury St Edmonds, Suffolk, UK

CORRESPONDENCE TO

Mr M Costa, SpR in Orthopaedics, West Suffolk Hospital, Hardwick Lane, Bury St Edmonds, Suffolk IP33 2QZ, UK
E: mattcosta@hotmail.com

Posterior fracture dislocation of the proximal humerus is a rare and potentially complicated injury. Several authors have advocated treatment with open reduction and rigid internal fixation through various approaches. However, open reduction increases the risk of damaging the already tenuous blood supply to the head fragment, leading to osteonecrosis. Consequently, others have advocated a trial of closed manipulation. Unfortunately, this makes it more difficult to achieve and maintain an accurate reduction. I would advocate the use of arthroscopy during manipulation. A standard posterior portal provides easy visualisation to guide both the reduction of the fracture and the placement of percutaneous fixation with threaded wires.

Cementing technique made easy

V PRAKASH
Department of Orthopaedics, Southend Associated University Hospital, Southend, UK

CORRESPONDENCE TO

Mr V Prakash, Department of Orthopaedics, Southend Associated University Hospital, Prittlewell Chase, Southend, Essex SSO 0RY, UK. T: +44 (0)1702 352038; E: pripraka@hotmail.com

Third generation cementing techniques are aimed towards proper vacuum mixing of the polymer and monomer using a bowl to ensure air-bubble-free mix followed by pressurisation with a cement gun. I follow a simple technique for transferring the cement from the bowl to the gun. The suction tube used for sucking the blood is disconnected from its plastic attachment. The suction tube is connected to the tip of the plastic barrel of the cement gun. The tip of the suction tube may also be widened to accommodate the barrel. Once the cement is ready in the liquid state, the broader end of the barrel is sunk into the bowl with the suction on. This ensures a smooth suction of cement into the barrel. The suction tube is disconnected as the cement level reaches the meeting point of the tube and the barrel. This technique, which is simple and practical, ensures smooth, quick and complete collection of cement into the barrel for pressurisation.