Figure 2

Lagging locking compression plate to bone using described technique

The Synthes® technique guide for the locking compression proximal femoral plate advises that the plate is reduced on to the femur using a threaded cannulated conical screw that is subsequently exchanged for a locking screw.¹ The conical screw is not necessary if a locking screw is inserted with a Synthes® (Welwyn Garden City, AL7 1LG) 8.0mm large fragment wrench placed under the screw head (component 314.210; supplied on the tray), taking care not to damage the locking screw thread. This prevents screw/plate engagement, lagging the plate on to the bone. After inferior screw insertion, wrench removal allows the superior screw to lock into the plate. This technique can be modified for any locking plate system.

Reference

1. Synthes. *LCP Proximal Femoral Plate 4.5/5.0. Technique Guide*. Solothurn, Switzerland: Synthes; 2007.

A temporary solution to light source failure in proctoscopy/rigid sigmoidoscopy

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It is not uncommon for a proctoscopy or rigid sigmoidoscopy light source to fail, sometimes at the most inconvenient of times. Replacement bulbs or light sources are often unobtainable, especially out of hours. A temporary solution is to remove the bulb and mains supply unit from the light source and insert a disposable pen torch in its place (Fig 1). These are commonplace on most wards and cheap. The pen torch fits snugly into the casing of the light source, providing illumination. While less bright than the original light

Figure 1 Demonstration of disposable pen torch as a temporary light source

source, a useable scope results. The added advantage of portability is also conveyed.

A simple technique to prevent screws dropping during open reduction internal fixation of distal radius fractures

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Screws can drop during internal fixation of distal radius fractures, leading to an unnecessary increase in operative time and expense. This is particularly a problem with the Stardrive® screwdriver (Synthes Ltd, 20 Tewin Road, Welwyn Garden City, Hertfordshire AL7 1LG). This can be overcome by applying a small amount of bone wax to the tip of the screwdriver before picking up the screw. This will cause the screw to stick to the screwdriver and prevent it from falling. This technique overcomes the effects of gravity and is simple, effective and low cost. It can be applied in other operations when using shallow screwdriver ends to prevent the screw from falling out.