Technical Section [TECHNICAL NOTES AND TIPS

An easy technique for removal of a light bulb from the vagina

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Sometimes a light bulb is used to masturbate. If the light bulb becomes stuck in the vagina, it can be a challenge to remove it. Traction on the light bulb creates a vacuum and risks breaking the glass into pieces. The entrance of the vagina is too small to use obstetric forceps. The trick is to insufflate air in the vagina and perform traction at the same time. This can be achieved by inserting a bladder catheter to insufflate air while simultaneously performing traction on the screw thread of the bulb. An alternative option is to perform an episiotomy to enlarge the entrance to the vagina.

A technique to visualise the urethral meatus in difficult male catheterisations

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The glans and urethral meatus cannot always be visualised during male catheterisation because of oedema or phimosis, meaning the prepuce cannot be pulled back.¹ In this case, 'blind' catheterisation is attempted, which can increase trauma to the glans and/or urethral meatus.

We propose using a nasal speculum to visualise the glans and urethral meatus by inserting both flanges, without force, into the preputial opening and widening the space gently to allow access to the urethral meatus. The catheter can then be guided in the space between the two flanges into the urethral meatus and catheterisation can proceed as normal.

Reference

1. Villanueva C, Hemstreet GP. Difficult male urethral catheterization: a review of different approaches. *Int Braz J Urol* 2008; **34**: 401–412.

The three-point landing in mandibular orthognathic surgery – a modified technique

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BACKGROUND

The 'three-point landing' involves maintaining an increased curve of Spee in the mandibular arch in the presurgical phase of treatment. Surgical advancement of the distal segment of the osteotomised mandible is subsequently undertaken, concomitantly increasing the lower face height. Contact is achieved between the anterior teeth and the terminal molars bilaterally. The lateral open bites are closed post-operatively, by extruding the mandibular premolar and canine teeth.

The traditional technique involves the placement of a lower full-thickness steel archwire with an accentuated curve of Spee. At some stage in the postoperative period, the surgical splint is removed and the lower archwire is changed to a round steel archwire with a reverse curve. This extrudes the mandibular premolar and canine teeth.¹ The potential problems with this approach are discomfort for the patient in removing a full-thickness archwire in the early postoperative period, the considerable hampering encumbrance and oral hygiene hazard of maintaining the splint, and missing the potential accelerated tooth movement in the immediate postoperative period.²

Figure 1 Photograph of the immediate postoperative period with elastics in situ. It is best to avoid crimping surgical hooks on to a nickel-titanium archwire, which could potentially deform. Kobayashi ligatures are therefore placed on the brackets to facilitate intraoperative intermaxillary fixation (IMF). Care is required not to debond the brackets during placement of the IMF.