Figure 1 Revision of tibial fracture with indirect reduction screws.

nail contacts the cortex at the narrowest part of the malreduced segment, continued 'pushing' results in hinging of the nail at that cortical fulcrum and reduction of the overall misalignment. In this example, two indirect reduction screws were left in place while appropriate locking and blocking screws were inserted and then removed (Figs 1c,d).

DISCUSSION

'Pushing' screws can be used in minimising residual deficits in both coronal and sagittal planes in long bones such as the tibia.

Novel use of air in laser ablation of bladder transitional cell carcinoma

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BACKGROUND

Local anaesthesia laser ablation of superficial bladder tumours using 0.9% NaCl for irrigation is well established. We describe a novel technique using air insufflation.

TECHNIQUE

A flexible cystoscope is introduced into the bladder, after inserting 2% lidocaine lubricating gel per urethra. A 50-ml Luer Lock syringe is attached to the flexible cystoscope to initially empty the bladder of urine and subsequently introduce 100–200 ml air. Laser ablation of the tumour is subsequently undertaken.

This technique proffers two main advantages:

- > Improved vision as light is better transmitted in air than fluid; imperative in cases of bleeding.

- > More effective vapourisation of tumour, as the laser is not absorbed by air.

Abscess drainage without the mess

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ABSTRACT

A technique to reduce mess and odour in abscess drainage is presented.

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TECHNICAL TIP

Abscess drainage can be a messy and odorous affair. This procedure reduces mess and contains odour while providing an excellent microbiological sample. Assess the abscess volume and request an appropriately sized syringe. Remove the plunger and set aside. With the syringe ready in your non-dominant hand, thumb over the spouted end, puncture the abscess with a knife and express the pus into the open end of the syringe. Carefully replace the plunger. This sample can then be left contained or syringed directly into a sample pot. Go on to open and manage the abscess cavity as normal.

Stripped screwhead removal – a simple glove technique

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TECHNICAL TIP

Removing screws with stripped heads can prove challenging and can have the operating surgeon sending for various screw extraction sets. We describe a simple and low-cost method we have used in vivo. When met with a stripped screw head in which no screwdriver purchase can be obtained, simply cut a section from a sterile glove, place it over the screwhead and insert the screwdriver tip. This pushes the glove material into the screw head while gripping to the tip of the screwdriver, thus allowing slow and steady unscrewing of the screw. This technique is shown in the video clip.

[https://www.dropbox.com/s/hci4voNyink5yq/Screw Removal.mp4?dl=0](https://www.dropbox.com/s/hci4voNyink5yq/Screw%20Removal.mp4?dl=0)