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| **General Instructions:**1. Total manuscript limit is 2000 words, including Abstract and References.
2. Sentences cannot start with a number, unless the number is spelled out.
3. No patient identifying information can be included.
4. The manuscript sections should include Title, Authors, Abstract, Introduction, Surgical Technique, Discussion, and References.
5. Include a mandatory table, to be titled: “Pearls & Pitfalls”
6. A maximum of 1-2 Figures and / or Tables can be included within the manuscript per authors’ placement preference.
7. Figures / Tables should be included within the body of the manuscript (multiple images can be included into a single figure.
8. Figure legend should be not included in the Figure and should be separate word text below it.
9. Table title or legend should be not included in the Table and should be separate word text above it.
10. Multiple images / steps can be combined into a single Figure and should be explained in the Legend.
11. Use Times New Roman font size 12, Double-spaced lines, Use Continuous line numbering,
12. Use brackets for figure and table numbers in bold, e.g. **[Table 1, Figure 1]**, both at the end of each sentence before the period.
13. *et al.* within the text should be italicized.
14. Avoid the use of commercial or proprietary names or techniques.
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| **Figure Instructions:**1. Figures should be embedded directly into the manuscript.
2. Multiple images can be included into a single figure by pasting them into a Word document and saving as a JPEG file. Alternatively, applications such as Canva.com, PicCollage.com, and PhotoCollage.com can be used to create multi-image figures, for example, this is a single figure with two images:
3. The figure’s legend should be text written outside and below the figure it is referencing.
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**TITLE**

**ABSTRACT**

1. The Abstract should not exceed 150 words and must be written as one unstructured paragraph.

**INTRODUCTION**

1. Total manuscript word limit is 2000 words, this section should be kept below approximately 250 words.
2. This section should include a brief review of the common indication(s) for the surgical technique being discussed, the type of surgical technique being discussed, and any associated relevant history related to it.

**INDICATIONS & CONTRAINDICATIONS**

1. Total manuscript word limit is 2000 words, this section should be kept below approximately 250 words.
2. This section should include a brief review of the indications and contraindications for the surgical technique being described.

**SURGICAL TECHNIQUE**

1. Total manuscript word limit is 2000 words, this section should be kept below approximately 1000 words.
2. This section should include detailed descriptions of the relevant surgical steps.
3. Sub-section should include:
	1. “Surgical Preparation” reviewing patient positioning and relevant surgical prep.
	2. “Surgical Equipment” reviewing the necessary equipment for the surgical technique.
	3. “Surgical Steps” reviewing the most relevant surgical steps and maneuvers.
	4. “Post-Operative Management” reviewing the post-operative course and rehabilitation.
4. The 1-2 figures should follow this section.

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| FIGURE 2. Legend |

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| FIGURE 2. Legend |

**DISCUSSION**

1. Total manuscript word limit is 2000 words, this section should be kept below approximately 500 words.
2. Discussion should include separate paragraphs and review the available evidence of the outcomes related to the surgical technique being described.
3. The discussion section can end with future directions for improvement, investigation, or innovation of the surgical technique being discussed.
4. The Pearls & Pitfalls table should follow this section.

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| PEARLS | PITFALLS |
|  |  |
| TABLE 1. Pearls & Pitfalls |  |

**DECLARATION OF CONFLICT OF INTEREST**

1. All submissions must be accompanied by a declaration of conflict of interest. If an author has a potential conflict of interest, please declare it here and be specific to the author with the conflict.
2. If no author(s) have a conflict, state: “The authors do NOT have any potential conflicts of interest related to the content presented in this manuscript.”

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**ACKNOWLEDGEMENT**

* 1. All persons who have made substantial contributions, but have not met the criteria for authorship, should be acknowledged here. Examples include somebody who provided technical help, writing or administrative assistance, or the head of the department that provided general support.

**REFERENCES**

1. A maximum of 10 references are allowed.
2. The reference style must be AMA style. Reference numbers must be superscript Arabic numerals. Use superscript numerals outside periods and commas, and inside colons and semicolons without space. References must be in numerical order in the text. Examples:
	1. \_The two largest studies to date included 35 patients2 and 40 patients.3
	2. \_The derived data were as follows3,4:
	3. \_As reported previously,1,3-8,19