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| **General Instructions:**   1. Total manuscript limit is 2000 words, including Abstract and References. 2. The manuscript sections should include Title, Authors, Abstract, Introduction, Indications, Relevant Anatomy, Surgical Exposure, Discussion, and References. 3. Include a mandatory table, to be titled: “Pearls & Pitfalls” 4. A maximum of 5 Figures and / or Tables can be included within the manuscript per authors’ placement preference. 5. Figures / Tables should be included within the body of the manuscript (multiple images can be included into a single figure. 6. Figure legend should be not included in the Figure and should be separate word text below it. 7. Table title or legend should be not included in the Table and should be separate word text above it. 8. Use Times New Roman font size 12, Double-spaced lines, Use Continuous line numbering, 9. 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. 10. *et al.* within the text should be italicized. 11. Avoid the use of commercial or proprietary names or techniques. |
| **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. |

**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 100 words.
2. This section should include a brief review of the unique characteristics of the surgical site being discussed and the available surgical exposures.
3. Identify why the surgical exposure being discussed is relevant.

**INDICATIONS**

1. Total manuscript word limit is 2000 words, this section should be kept below approximately 100 words.
2. This section should include a brief review of the common indications for this surgical exposure.

**RELEVANT ANATOMY**

1. Total manuscript word limit is 2000 words, this section should be kept below approximately 300 words.
2. Provide an overview of the relevant surface anatomy, superficial anatomy, and deep anatomy
3. Figures can follow this section (a maximum of 5 Figures are allowed).

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| FIGURE 2. Legend |

**SURGICAL EXPOSURE**

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 exposure steps.
3. Include sub-headings as needed:
4. Figures should follow this section (a maximum of 5 Figures are allowed).

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| FIGURE 2. Legend |

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| FIGURE 3. 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 any outcomes related to the surgical exposure being described.

**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.”

**DECLARATION OF FUNDING**

1. All forms of financial support, including grants or pharmaceutical company support, should be mentioned here.
2. If no author(s) received any financial support, state: “The authors received NO financial support for the preparation, research, authorship, and publication of this manuscript.”

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1. Please state: “Institutional Review Board approval was not required for the production of this manuscript.”

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1. Please state: “There is no information (names, initials, hospital identification numbers, or photographs / images) in the submitted manuscript that can be used to identify patients.
2. If there is identifiable information and this information is essential for scientific reasons, written informed consent must be obtained from the patient (parent or guardian) and submitted along with the manuscript as well as stated here that informed consent was obtained.

**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