L-configuration re-attachment of distal biceps tendon rupture
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dressing should also be easy to remove with the least discomfort and distress to the patient and their family. Most dressings are bulky, hard to apply or remove, and may fall off in an active child. We describe a dressing using Allevyn (Smith & Nephew Healthcare, Healthcare House, Hull, UK).

**TECHNIQUE**

The lower end of dressing is split to form two equal lateral flaps which will sit on the pubo-scrotal area and secure with adhesive plaster. The rest of the dressing is rolled into a cylindrical shape wrapping round the penile shaft and is closed on the dorsal aspect using two interrupted silk stitches. The top end of the dressing is left open to allow the urinary catheter to come through (Fig. 1). Removal of the dressing is carried out after either 2 or 5 days depending on the type of repair. The plaster is sprayed with an alcohol-based disinfectant and stitches are cut. The dressing, being non-adherent, is easily separated off from the wound (Fig. 2).

**DISCUSSION**

Allevyn has a unique tri-laminate structure, inner non-adherent, central absorbent and outer water- and microbial-proof layers. None of the 85 dressings after repair (63 Mathieu's, 11 Duckett's and 11 Bracka's) dislodged prematurely. All dressings were removed on the ward with minimal distress to the patients. There was no early wound infection. This non-adherent and tri-laminate dressing is simple to apply and compatible with early discharge from hospital.

**References**


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**L-Configuration re-attachment of distal biceps tendon rupture**

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**BACKGROUND**

In distal biceps tendon ruptures, re-attachment to the radial tuberosity should ensure adequate tendon to bone contact for optimal healing.

**TECHNIQUE**

Using a transverse incision at the cubital crease, we dissect to the radial tuberosity into which two suture anchors (5.0 mm FASTIN RC, Mitek, UK or 3.5 mm Twinfix, Smith-Nephew, UK) are inserted, each with two suture strand pairs. The tendon is held outside the wound during suture passing. Each pair of distal anchor sutures (Fig. 1, X1) is passed through the distal part of the tendon. One strand is passed in a zigzag fashion through the tendon (Fig. 1, C and D) whilst the other (Fig. 1, A and B) is passed straight posterior to anterior. The four strands of the proximal anchor (Fig. 1, X2) are passed to form two mattress sutures through the proximal tendon when tied (Fig. 1, E and F). Tightening is performed in a specific sequence, initially pulling on strands A and B to position tendon to bone, and then tightening these to the corresponding suture strand of their pair. The two suture pairs are tied to each other. Following this, the mattress sutures of the proximal anchor are tied individually and then over the tendon to each other, creating a box type pattern. The second...
anchor sutures are then tightened bringing tendon down onto the bone in an L-configuration (Fig. 2).

DISCUSSION
The technique is simple to perform, provides a sound repair, and ensures a large tendon-to-bone surface contact. We have performed this in 25 patients with no cases of tendon re-rupture.

‘Laser avulsion’
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BACKGROUND
Varicose vein due to superficial venous insufficiency is a common problem world-wide\(^1\,\(^2\) and endovenous laser ablation (EVLA) has been used for treatment for at least 6 years.\(^3\) Skin burn and permanent staining can occur when the laser ablation is used for veins which are in very close proximity to the skin\(^4\) particularly in thin, fairer individuals without much subcutaneous fat. While performing EVLA in these patients, it may be difficult to push the distal vein away from the skin with tumescent.

TECHNIQUE
The authors describe a new technique, which is a novel combination of laser ablation of the proximal long saphenous vein (LSV) and avulsion of the distal thigh and knee segments of LSV. After laser ablation, the laser fibre is removed and the vein is tied on to the sheath. The lower shaded segment of vein is avulsed by pulling the sheath.

Figure 1 ‘Laser avulsion’ which is a novel combination of laser ablation of proximal long saphenous vein (LSV) and avulsion of the distal thigh and knee segments of LSV. After laser ablation, the laser fibre is removed and the vein is tied on to the sheath. The lower shaded segment of vein is avulsed by pulling the sheath.