

Tips for Making a Surgical Technique Video

- **Audio quality**
 - Take time to script the video
 - Narration during the procedure
 - Take care to not speak while powered equipment is operating
 - Narration after the procedure
 - Rehearse the narration so you can deliver it easily in sync with the video
 - Record the narration in a quiet location without distractions
 - Lower the volume of the intraoperative audio or delete if unnecessary
- **Image quality**
 - The view from the surgeon's point of view or at least the surgeon's side of the table is preferred
 - Use a tripod during filming when possible to maximize image stabilization
 - Avoid excessive zoom unless absolutely necessary. Starting with a wide-angle view and then zooming to the area of interest is useful.
 - A clear surgical field will improve visualization; use of sponges and suction is encouraged.
 - Avoid passing of hands, sponges and instruments into the field of view of the video camera.
 - Consider the use of brown or tan surgical gloves to reduce glare and altering of the white balance of the video.
- **Orientation**
 - Orient the viewer to the position of the patient, the laterality of the extremity and the anatomic orientation
 - When creating an arthroscopic video, the location of the viewing and working portals should be clearly described.
- **Highlighting Key Information**
 - When appropriate, use onscreen labels and visual cues to help the viewer catch the key details
 - Consider use of the "picture in picture" feature to show the surgeon operating simultaneous with arthroscopic or fluoroscopic images
 - Still images with illustrations or diagrams can highlight key points

References

Rehim SA, Chung KC. Educational Video Recording and Editing for the Hand Surgeon. *J Hand Surg Am*. 2015 May ; 40(5): 1048–1054. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4809349/pdf/nihms-766986.pdf>