Additional Guidelines and Considerations for Optimal Video Quality

General guidelines for videography:

- Use plenty of diffuse light; avoid shadows.
- Avoid incandescent (yellow) light. Use fluorescent lighting if possible. Use the appropriate setting/filter on the camera and always white-balance.
- Do not overexpose the image; a bit underexposed is preferable.
- Use a tripod. This is especially important in close-ups.
- Avoid excessive zooming. Use the optical zoom only; do not use a digital zoom.
- Turn off all camera special effects.
- Avoid using autofocus. Manual focus is more accurate. Keep the camera at a fixed distance from the subject.
- Do not include an introduction by the physician as a "talking head" explaining a procedure. All footage should be of the procedure or relevant subject matter only.
- Provide a pause after changing the camera’s position. This allows for easier editing.

Additional considerations for filming surgical procedures:

- Coordinate with the surgical staff to establish a vantage point for the camera that has a clear view of the surgical field.
- Prior to the procedure, if the situation permits, identify the surgical staff’s positions for access into and out of the surgical field to ensure there is no immediate obstruction of the camera.
- During the procedure, avoid typical obstructions of the camera’s main view such as arms reaching across the field or soiled surgical sponges. Where possible, keep the heads, hands, and any instruments away from the immediate sightline of the camera. This will ensure that all moments of the procedure are captured in full view and focus.
- If the situation permits a choice of glove type, use brown or tan. White gloves reflect bright light; vividly colored surgical gloves can distract the viewer from the teaching point of the video.
- If the situation permits, avoid rapid movements for procedural steps that should be noticed and understood. To demonstrate a key moment or use of an instrument, movement that is deliberate and steady will allow a standard camera to focus properly.