

## Tips & Tricks author guide

### Images

6x high res colour images depicting the tip/trick. Image one should show the 'tools' required.

### Words

Max 250 words describing the process – rounding up with how your tip/trick serves both the patient and practitioner.

### Author bio

Please submit one/two sentences about yourself – including post nominals.

### Author photo

Please supply a high res colour headshot.

### Fees

Following publication, the author will receive a set fee of £100 by bank transfer. Please supply bank details after your article has been accepted.

***Please submit copy and images – and any questions – to Dispensing Optics editor, Nicky Collinson, by emailing [ncollinson@abdo.org.uk](mailto:ncollinson@abdo.org.uk)***

