

INSPIRED

ORTHODONTICS

Helpful Tips for clear and accurate photos:

- Turn on your flash. 📷
- Use your cheek retractors. Spoons or clean fingers can also be used to hold the lips/cheeks away from the teeth.
- Get close up to the teeth, similar to the images below.



1. **Center:** Take this photo straight on, chin tilted slightly up. Make sure they are biting all the way down on their back teeth.
2. **Top:** Open wide, tilt head back and take the photo straight on. If they have a removable appliance/retainer -please take one photo *with* and one *without* it.
3. **Bottom:** Open wide, tilt chin down and take the photo straight on. If they have a removable appliance/retainer -please take one photo *with* and one *without* it in.
4. **Left:** Take the cheek retractor and only put the left side in, pull from the left side, make sure they are biting all the way down on their back teeth, and take the photo perpendicular to the teeth.
5. **Right:** Take the cheek retractor and only put the right side in, pull from the right side, make sure they are biting all the way down on their back teeth, and take the photo perpendicular to the teeth.

Sending these photos can save you a trip into the office. We offer this option to you with busy work/school/activity schedules and wellness in mind. If you prefer an in-office check please reply to this message. We are always happy to see you!