

# PREPARING FOR YOUR VIRTUAL VIST

We can't wait to see your smile!

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## What you will need:

1. Your smartphone
2. The Zoom Meeting App
3. Your unique and encrypted Zoom meeting link
4. Have a piece of floss at the ready! We may ask you to floss between specific teeth
5. Your removable appliance (if applicable)

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# PREPARING FOR YOUR VIRTUAL CONSULTATION

## How to Take Orthodontic Photos

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### **What you will need:**

A family member, friend, or tripod

A cell phone with a camera

Two plastic or metal spoons

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# HOW TO TAKE YOUR SMILE SELFIES

Have a friend or family member help you snap 8 key photos.

Please include one of each displayed below

## A few tips

- Good lighting helps
- Use a white, or light background
- Pull your hair back if you have long hair
- Remove any distracting jewelry

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# SMILE SELFIE #1

No teeth

Keep lips relaxed and slightly apart

Natural head position with eyes looking forward

Entire head and neck displayed

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## SMILE SELFIE #2

Face the camera, relaxed face  
Eyes are open and looking into camera  
Ears exposed  
No distracting eyewear or jewelry

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## **SMILE SELFIE #3**

Still facing the camera, give us a natural or social smile ;)

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# HOW TO TAKE YOUR SMILE SELFIES

Help us get an accurate picture.  
For the next series of photos you'll need  
your spoons.

Using the spoons retract your cheeks as  
demonstrated in the photos below.

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# SMILE SELFIE #4

Your teeth from the front

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# SMILE SELFIE #5

Label the next two as  
RIGHT SIDE

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# SMILE SELFIE #6

Label the next two as  
LEFT SIDE

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## SMILE SELFIE #7

An aerial view of your bottom teeth.  
This might be tricky, if you have issues  
you may omit.

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## SMILE SELFIE #8

An view of your top teeth.  
This might be tricky, if you have issues  
you may omit.

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# YOU'RE ALL DONE!

Now that you've taken some amazing photos, please email them to [info@beverlyhillsortho.com](mailto:info@beverlyhillsortho.com)

We can't wait to meet you virtually soon!

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