

**We look forward to your teledentistry visit. Below are a few steps you can take before and during the visit to help our dental team best get you the care you need.**

## **Phone Visit Picture Guide (Before your visit)**

- 1. Please do not send** any identifying information by text or email (i.e. no name or date of birth). Only send the requested photos.
- 2. Wash your hands** before and after touching your mouth.
- 3. If possible get help.** You may want to have someone hold the phone for you so that you can use your hands to pull back your lips/cheeks.
- 4. For a child:** if possible, have 2 people present to help with photos. One to hold the phone and the other to hold and pull back the lips of the child.
- 5. Use your rear camera** (not the “selfie camera”) when possible; it has better resolution.
- 6. Before** your visit we ask that you take a few pictures. Please use the first three pictures on page 2 to guide you on how to position yourself. If you have swelling, please take a picture to show that swelling (i.e. on gums and or face).

## **Video Visit Image Guide (During your visit)**

1. Have a **good light source** behind your camera/smart phone. You can sit facing a light source like an open window or make sure your device screen is as bright as possible.
- 2. Wash your hands** before and after touching your mouth. We will be asking you to pull back your lips and cheeks so we can see your teeth.
- 3. If possible get help.** Have someone hold the phone for you so that you can use your hands. Or set up the camera so that it is propped up in front of you.
- 4. For a child:** if possible, have 2 people present to help with photos. One to hold the phone and the other to hold and pull back the lips of the child.
- 5. Use your rear camera** (not the “selfie camera”) when possible; it has better resolution.
- 6. During** your visit we will want to capture images of your teeth. Please use the first three pictures on page 2 to guide you on how to position yourself.

Please look at the following 3 pictures as a guide to the photo that we will need for your teledentistry visit, including additional ones of any area of concern.

Front teeth,  
Lip side



1. Open your mouth slightly
2. Pull your cheeks back and flip your upper lip up and your lower lip down.
3. Look straight at the camera.

Upper back,  
Chewing side



1. Open more than halfway.
2. Pull your cheeks out.
3. Tip your head slightly back.
4. Have the camera slightly below your face.

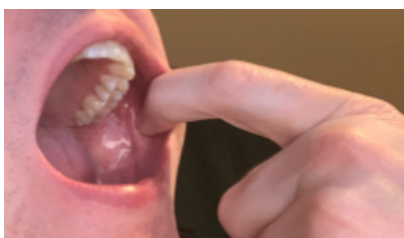
Lower teeth,  
Chewing side



1. Open your mouth wide.
2. Pull your lip down and cheeks out.
3. Tip your head slightly down.
4. Hold the camera slightly above your face.

***If you have other areas you would like to show us, please use the following photos as a guide:***

Upper teeth,  
Tongue side



1. Open your mouth as wide as you can.
2. Pull your cheek to the side
3. Try to keep your tongue flat or pull it to the back of your mouth.
4. Tip your head slightly up and turn it slightly away from the camera.

Cheek side of teeth,  
upper and lower



1. Open your mouth slightly.
2. Smile and pull your cheek out.
3. Turn your head slightly away from the camera.

Bottom teeth,  
Tongue side



1. Open your mouth as wide as you can.
2. Pull your lower lip down.
3. Try to keep your tongue flat or pull it to the back of your mouth.
4. Tilt your head slightly down and away from the camera.

**We look forward to speaking with you.  
Thank you for trusting us with your oral health!**