



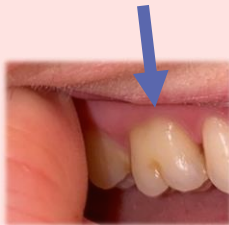
Instructions for Taking Tooth/Mouth Photos "Toothies"

Below are some helpful suggestions on how to get the best photos to assist your dentist in accurately completing a teledental exam. It will most likely take many shots to get one that will be acceptable for the dentist to clearly evaluate your tooth/teeth. It may help to adjust the focus of your camera, or to adjust the distance between your tooth and your camera. **DO NOT** use filters. **DO NOT** edit the photos. **DO NOT** draw on your photos unless asked to do this by your dentist. Wash your hands with soap and water and thoroughly clean any object you will be using to help you take these photos. **DO NOT** become discouraged. This is a new thing for you and it takes time to learn and get good photos. **It usually takes patients over an hour their first time to get a photo of diagnostic quality.** You will take MANY you will delete. Do not get frustrated. Take a break if you need. Allow yourself PLENTY of time.

BACK TOOTH (MOLAR/PREMOLAR) : WHAT DOES MY DOCTOR WANT TO SEE? Six good pictures of the tooth bothering you



Cheek Side Reflected



Check Side Direct



Tongue Side Reflected



Tongue Side Direct



Top reflected



Top Direct

FRONT TOOTH (INCISOR/CANINE)

WHAT DOES MY DOCTOR WANT TO SEE?



Front Direct



Back Reflected

WITH ALL TEETH: Picture of the gums all the way to the bottom





NEED A REFLECTIVE SURFACE TO GET THAT SHOT? Butter knives, cheese spreaders or makeup mirrors work well. If you can see yourself clearly in the surface it is better than a surface that looks blurry. If you can get the shot without using a surface it will be the clearest.



REFLECTIVE SURFACE FOGGING UP WHEN YOU TRY TO TAKE THE PICTURE? Warm it up with hot water before using (not too hot so you don't burn yourself).



CAN'T GET THE MIRROR IN YOUR MOUTH?

Insert corner in slightly closed

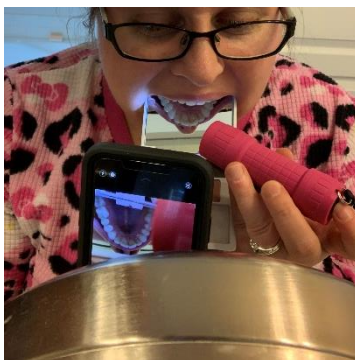
Rotate into mouth

Then angle it to see all teeth





NOT ENOUGH LIGHT? Turn on your flash or use a flashlight



LIPS OR TONGUE IN THE WAY? A clean spoon, a dull butter knife, a cheese spreader, or the back end of a toothbrush can be used to hold your lips out of the way.



IMAGE QUALITY LOW? Try “elsie” mode instead of “selfie” mode. Use a mirror to make sure you have a good shot. The “elsie” camera may be higher quality than the “selfie”. If your reflective surface is better than a surface that looks blurry. If you can get the shot without using a surface it will be the clearest. If you have iPhone 11 the 16:9 aspect ratio seems to be the clearest

