Taking Images to Share with your Dentist.

Prior to your dental exam, it may be helpful to have some clear images to assist with the remote examination.

The following images will show you how to capture problem areas clearly so that you can share them during the examination.

**Recommendations**

1. Use a high quality mobile device.

2. Make certain you are in a well-lit area. If possible, direct bright light toward your mouth. Do not have light behind you.

3. **Positioning and Capture**
   a. You will be using your hands to take images, so have the phone set against an object, laying in horizontal mode.
   b. If possible, have another person assist you. Make certain that person is wearing proper protective equipment (i.e. face). If you are symptomatic (i.e. fever, cough, chills, sore throat), it is recommended to do this alone.
   c. Set the timer to 10 seconds
   d. Turn on flash.
   e. Wash your hands well before touching your mouth.
   f. Practice the image using the instructions for positioning. Retake if needed. Start the timer using a finger that will not be in your mouth.

4. Attach to chat software on your phone during the chat session.
   a. Select the paperclip on the lower left side of the phone
Choose to take or pick one from your photo library.
1. Open your mouth slightly past halfway
2. Use your fingers to pull your cheeks out.
3. Tilt your head back or forward (depending on upper/lower) within a comfortable range to get proper position.
4. Kneeling on a pillow may allow you to tilt back a little further to get proper position.
5. Try to get light on the area you want evaluated.
Picture 2 – Lower Back Teeth – Helpful to see fractures, tooth decay for upper teeth.

Open mouth wide. Pull your cheek out and up/out and down at the same time using two fingers. Make sure to pull your tongue to the back of your throat as much as possible, or try to flatten it.
**Picture 3 Front Teeth (Check for cavities, lip sores, gum issues)**

Open very slightly and look straight at the camera. Pull upper/lower lip in direction that allows you to visualize your concern. For example, if you have a sore on your inner lower lip, pull your lip down and out.
Picture 4 Cheek Side Pictures — Useful for cavities along gumline, swollen gums

1. Open slightly
2. Pull lip down/up depending on tooth to be shown.
3. Turn head slightly to the opposite side.
   a. If you are showing us the lower left, turn your head slightly to the right.
Picture 5 Tongue Side Pictures – Useful for cavities, fractures, gum issues.

1. Open wide
2. Pull your cheek to the side.
3. Turn head slightly to the same side
   a. If you are showing us the upper right, turn your head slightly to the right.
4. This image will likely require better lighting (i.e. a desk lamp or other directed light source). The below image shows an image that does not have enough lighting, so if there are shadows, try again.

We can sometimes correct for contrast to see, but try your best (image brightness increased, contrast decreased)