

Guidance and help to send us photos:

To be able to assess your treatment development and if you are wearing your elastics correctly, please send us 5 photos of your teeth (listed below) as accurately as you possibly can. **PLEASE REMOVE ANY ELASTICS YOU ARE WEARING FIRST BEFORE PROCEEDING.**

You can use 2 spoons (any size that is comfortable for you) placed inside your cheeks to hold your lips and cheeks out of the way, and just use a phone to take these photographs. If possible, ask for assistance from someone at home, but if that is not possible a good quality 'selfie' will be fine.



NUMBER 1: ANTERIOR/FRONTAL SHOT:

Your **front** teeth. NOTE: Please, when taking these photos, **keep BITING on your BACK TEETH** – Do not push your jaw/lower teeth forwards, as it will show an inaccurate view of your teeth.

IN PRACTICE:

ACCEPTABLE:



- All teeth from front to the back are visible. This can only be seen if you REALLY retract the lips and the cheeks. Spoons in each cheek can help with this and a good pull! (please don't hurt yourself).
- Good lighting

- Focussed
- Straight

NUMBER 2&3: Side photographs (buccal)

We need to see you BITING on your back teeth again.

IN PRACTICE:

ACCEPTABLE:



See how the back (MOLAR) teeth are in contact here ^

- Well lit
- In focus
- Straight
- Teeth from the front, all the way to the very back teeth are visible – this can only be achieved with cheek retractors – using spoons may not guarantee the same results, but please try to pull back as much as possible so we can see all of your bite.

Please repeat on the right side, also.

IN PRACTICE:

ACCEPTABLE:



We may also like to see the alignment of the teeth and the arch development:

NUMBER 4: UPPER ARCH

For upper teeth, this would mean positioning the camera to look at the ROOF OF THE MOUTH, so tilting the head back to take the photo and opening as wide as you can:

IN PRACTICE:



ACCEPTABLE:



- Well lit
- In focus
- Can see front and back teeth
- No cheeks/lips/tongue obstruction

NUMBER 5: LOWER ARCH

Please repeat with the lower now. Tilt head down, open as wide as possible. Keep tongue relaxed/down in the mouth.

IN PRACTICE:



ACCEPTABLE:



- Good lighting
- In focus
- All teeth visible
- No tongue/lip/cheek obstruction

We hope this guide is useful. Please send us these photos, with your Name, DOB and the first line of your address to:

care@leamingtonspaorthodontics.com

All contact and records are confidential to Leamington Spa Orthodontics and will not be shared outside of the practice unless for medical reference. They will be saved into your personal records on our secure system.

Thank you for your time and support.

LEAMINGTON SPA ORTHODONTICS

Written: 25/03/20