

# INSOFT & HURST

CHILD & ADULT ORTHODONTICS

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## How to Photograph Your Smile

Photos should be taken in a seated position, in a room with good lighting. Use 2 spoons to retract your cheeks. For best results, have someone else take the photos, as they can be difficult to take on your own.



1. Ask someone to help you replicate the photos below using a digital camera or smartphone.



2. Send your photos via e-mail to: [Yoursmile@braceinfo.com](mailto:Yoursmile@braceinfo.com) & tell us about your treatment goals.



3. Drs. Insoft & Hurst will review your photos and our treatment coordinator will contact you soon.



Right Side Bite

Bite down on your back teeth. Using spoons pull back on the right cheek as far as possible & snap picture of the right side.



Frontal Bite

Bite down on your back teeth. Using spoons pull back on both sides as far as possible & snap picture from the front.



Left Side Bite

Bite down on your back teeth. Using spoons pull back on the left cheek as far as possible & snap picture of the left side.



Upper Arch

Use 2 spoons to pull cheeks up & out, tilt your head back & snap a picture of your upper teeth



Lower Arch

Use 2 spoons to pull cheeks out & down, tip your head down & snap a picture of your lower teeth