

STEP BY STEP GUIDE

How to take pictures of your own teeth



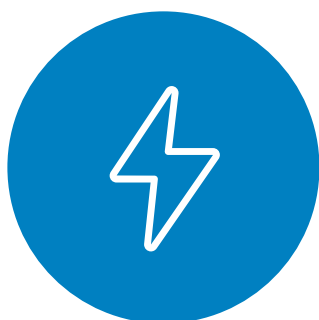
Tips for Great Photos



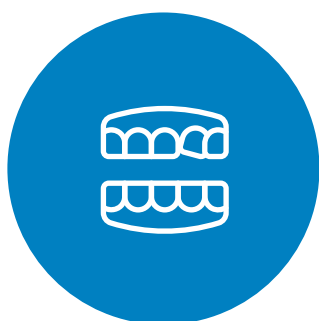
Use a smartphone



Have a friend take your photo. (selfies work too)



Use a flash or good lighting



Capture your mouth only.

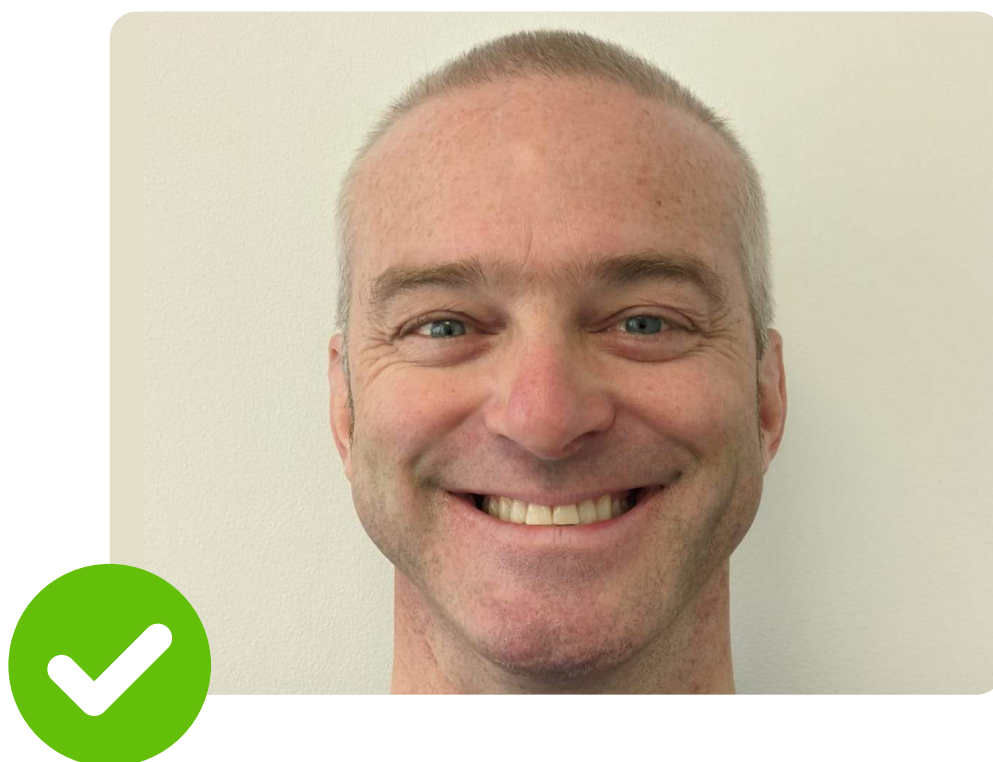
First Photo

Step 1: Full face smiling

Instruction

The first photo is of your full smiling face. Face towards the camera and smile. Make sure your teeth are showing.

Your final photo should look like the image below.



WINNING SMILES

Second Photo

Step 2: Close photo of your smile

Instruction

The second photo is of your closeup smile. Like the first photo, face towards the camera and smile naturally with your teeth showing. Only have the camera move closer to your face.

Your final photo should look like the image below.



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Third Photo

Step 3: Anterior photo

Instruction

The third photo is of the front of your teeth. Bite down on your back teeth, relax your lips and use two fingers to pull the sides of your mouth to expose your teeth.

Your final photo should look like the image below.



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Fourth Photo

Step 4: Right buccal

Instruction

The fourth photo is of the right side of your teeth. Bite down on your back teeth, relax your lips and use two fingers to pull the right side of your mouth to expose your teeth.

Your final photo should look like the image below.



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Last Photo

Step 5: Left buccal

Instruction

The fifth photo is of the left side of your teeth. Bite down on your back teeth, relax your lips and use two fingers to pull the left side of your mouth to expose your teeth.

Your final photo should look like the image below.



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