

# Virtual Visits - Aligner Patients

Virtual visits only require a few simple steps. The first is to take 5 pictures that can be assessed for aligner tracking and progress. Below are step-by-step instructions as to how to capture the correct images and where to send them. Once sent, the doctor will review them and a member of our team will contact you within 1-2 business days. Should you have any questions, please contact the office [925-757-9100](tel:925-757-9100) or [reception@sheffieldortho.com](mailto:reception@sheffieldortho.com) and we are happy to help!

## 1 TAKE PHOTOS

The easiest way to capture these photos is using your **cell phone** and a **pair of spoons** to help get your cheeks and lips out of the way. Below are examples of what the photos should look like. Use good lighting.

#1 Front View -top teeth



Bite down about halfway so we can see how the aligner adapts to your upper teeth. Pull your lips and cheeks away from your teeth with your fingers and/or spoons to show more teeth.

#2 Right View



Bite down halfway so we can see how your aligner fits the side teeth, top and bottom. Use clean fingers and/or a spoon to pull back your cheek and lips to show all your back teeth on the RIGHT. Take a picture of your back teeth on the RIGHT.

#3 Left View



Bite down halfway so we can see how your aligner fits the teeth on the side, top and bottom. Use clean fingers and/or a spoon to pull back your cheek and lips to show all your back teeth on the LEFT. Take a picture of your back teeth on the LEFT.

#4 Front View- bottom teeth,



Bite down about halfway so we can see you your aligner adapts to your bottom teeth. Make sure you can see the bottom front teeth clearly and click!

#5 Front View- no aligners, bite down



Bite down naturally with your back teeth touching. Directly face the camera, smile wide, click! Try to get as many teeth as you can in the picture. Pull your lips and cheeks away from your teeth with your fingers and/or spoons to show more teeth

Helpful hints—

\*\*use good lighting

\*\*if you have a specific area of concern get as clear a picture as you can of that area

## 2 EMAIL PHOTOS

Email your photos to [reception@sheffieldortho.com](mailto:reception@sheffieldortho.com) In the email subject, include the patient's **FULL NAME** and **DATE of BIRTH**. A team member will be in touch with you within 1-2 business days with the next steps in the process.