

# INSTRUCTIONS FOR TEETH SELF-PHOTOGRAPHY

## YOU WILL NEED:



Smartphone



Spoon



Slide the spoon into the **right side of your mouth** and use it to pull the cheek away from the teeth.



Slide the spoon into the **left side of your mouth** and use it to pull the cheek away from the teeth.



Open wide and angle the phone upwards towards the **roof of your mouth**.



Open wide and angle the phone downwards towards the **bottom of your mouth**.



Clench your teeth and use your thumb and index finger to keep your lips apart and off of your teeth.

## TIPS TO GET THE BEST RESULTS:

- ✓ Have someone help you
- ✓ Keep your smartphone camera flash on
- ✓ Take the photos outside for better lighting