

**Virtual Retainer Check – Photo Instructions**

We will need 7 photos for your virtual Retainer check. The first 5 are of your teeth with your retainers out. The last 2 are of your teeth with your retainers in. Let's start with everyone washing their hands.

We suggest using spoons to help retract your cheeks and lips. When using spoons as retractors have the round convex side facing the teeth. We recommend smaller spoons for younger kids and larger spoons for older kids and adults.

If taking photos of a young child, and 2 parents are available, 1 parent can hold the spoons to retract the cheeks (either from the front or from behind) while the other parent takes the photos. See examples below.



Holding spoons from behind



Holding spoons from the front

**With Your Retainers Out:**



1. Using the spoons to retract the cheeks, have the patient bite down on their back teeth and take the photo from the center. Confirm flash was on (for all teeth photos). Also confirm patient was biting all the way together on back teeth.



2. Still using both spoons as retractors, pull back on the right side a little more, have the patient bite down on their back teeth and take the photo from the right as perpendicular to the back teeth as possible (not straight from the front but from the side). Confirm patient was biting all the way together on back teeth.



3. Now pull back on the left side a little more, have the patient bite down on their back teeth and take the photo from the left as perpendicular to the back teeth as possible (not straight from the front but from the side). Confirm patient was biting all the way together on back teeth.



4. Have the patient tip their head back, pull their upper lip up with their fingers, and try to capture the entire upper arch (no spoons, just 2 fingers).



5. Have the patient tip their head down slightly, pull their lower lip down with their fingers, and try to capture the entire lower arch (no spoons, just 2 fingers).

**With Your Retainers In:**



6. Now with your retainers in, use the spoons to retract the cheeks out and up, have the patient open slightly and take the photo from the center of the top teeth and retainer.



7. Still using the spoons to retract the cheeks out and down, have the patient open slightly and take the photo from the center of the bottom teeth and retainer.

Now that you have taken the photos, please crop them as shown and email them to [info@williamsorthodontics.net](mailto:info@williamsorthodontics.net). Please note "Retainer photos for review" in the subject line. Congratulations, you did it!

We will review your photos and reply back within a few days with specific instructions. Thanks.