

HOW TO USE YOUR CHEEK RETRACTORS TO EMAIL US PHOTOS

NOTE: If you have lost or did not receive any cheek retractors to assist you with retainer photos, do not stress. You can take the photos without the retractors. If there are any issues with the quality of the photos, the surgery will contact you. However, you are welcome to pop in anytime to pick up a set of cheek retractors for yourself.

Step 1: face the bigger side of the cheeks towards you and squeeze together.



Step 2: open mouth and place inside your cheeks then bite together.



Step 3: take a total of **10 photos** that look as best as you can following these 5 examples below:



and then repeat these 5 examples again with your retainers in.

Step 4: You can [CLICK HERE](#) to email us your photos.

Or you can send them at peter@orthodontist.net.au with the **SUBJECT: 6-month photos**

In either case, please make sure to include your name in the email.

Dr Peter Grant will then look through these photos and make sure everything is looking as it should. If he does see anything not quite right, we will contact you to make a sooner appointment for him to see you. Thank you for your collaboration.