

## PHOTO SUBMISSION GUIDE

### How To Take Your Photos

Please include the following 5 standard views:



Side profile left

45° angle left

Head-on

45° angle right

Side profile right

*Optional: Include a relaxed expression and a gentle smile version.*

### Procedure-Specific Photos

Certain procedures require more detailed views. If you are considering any of the following procedures, please include the appropriate photos in addition to the 5 standard views shown above.

**Lower Blepharoplasty:** Head-on while looking up

**Neck Lift:** Left and right side profiles while looking down



Lower bleph

Neck lift

*Optional - Detail Shots*

*If you have additional areas of concern — such as acne scars — please include close-up photos of these areas.*

### Tips for Best Results

- ✓ **Hair pulled back:** If you have bangs or fringe, please use a headband or clip to keep all hair away from your face.
- ✓ **No makeup:** Bare skin allows us to see your true skin quality and underlying structure.
- ✓ **Great lighting:** Stand facing a natural light source (like a window). Avoid backlighting or overhead shadows.
- ✓ **Neutral expression:** Relax your face and avoid exaggerated expressions.

### What Not to Do

- ✗ No filters or beauty modes
- ✗ No harsh shadows or backlighting
- ✗ Avoid blurry images or movement
- ✗ No sunglasses, hats, or obstructive clothing
- ✗ Don't shoot from too high, low, or close-up



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If you have any questions about your photo submissions, the consultation process, or what to expect next, our team is here to help. Simply reply to your appointment confirmation email or call us directly, and we'll be happy to guide you.