

# Dr. Mosser's Guide on Taking Photos

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You'll need to give Dr. Mosser 6 different photo angles (pictured below) for your for your body contouring virtual consultation or followup. When taking the photos you should be standing with your feet a shoulder width apart. It's ideal for Dr. Mosser to see as much of your body as possible. Here are some undergarment options to consider prior to taking your body contouring photos.

## What to Wear

- ✓ Wear no underwear at all. Although completely nude may not be ideal it gives Dr. Mosser the opportunity to fully assess your body. Some patients will use a app on their phone to blur out their genital area
- ✓ Wear 'bikini' type underwear or an article of underwear that covers the least amount of your body
- ✓ Wear 'boy shorts' type underwear that aren't very long. If your underwear covers your thighs pull them up as far as possible being careful not to position them in a way that distorts your body

## What Not to Wear

- ✗ Nothing loose or long (such as boxers, shorts, pants etc.)
- ✗ Nothing that compresses the hips, waist and thighs too much

Using the self-timer function on your camera or having someone take the photos for you would be optimal so you can mirror the arm positions and 6 angles needed. See examples below:

## LIKE THIS:



- ✓ 6 angles
- ✓ Not too close
- ✓ Good lighting (flash on), in focus
- ✓ Solid background
- ✓ Portrait mode (camera turned vertically)

## NOT LIKE THIS:



- ✗ Not sending in 6 photos
- ✗ Too close
- ✗ Poor lighting (flash off), inconsistent focus
- ✗ Not a solid background
- ✗ Clothing covering & constricting skin too much