

DR MARK GITTOS

# PHOTO TAKING GUIDE



## PRE-CONSULT PHOTO GUIDELINES FOR BREAST & TUMMY

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Before sending photos to our Patient Care Advisors or Plastic Surgeons, please follow our helpful tips.

### PHOTOGRAPHER

Please find a friend or partner to take your photos. It can be difficult to capture accurate photos of your problem areas when taking photos yourself.

### THE PHOTOS

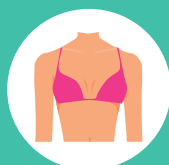
We will need 5 photos taken by your friend or partner. A front view, 2 side views and a 45 degree angle also from both sides. These should be taken approximately 1.5-2 meters away.

### BACKGROUND AND LIGHTING

Photos should be taken against a plain wall, or uncluttered background with as much light as possible (use as many open windows and artificial lighting as you can). Photos taken on a smart phone or modern camera will usually be okay. Please do not use portrait mode. Please make sure the entire photo is in focus.

### EMAILING PHOTOS

Be sure not to compress or edit your images. This can often cause photos to blur. Please send original, high resolution photos only. You can send one at a time via email (up to 10MB) if they are large.



**BREAST & TUMMY**



## BREAST SURGERY PHOTOS (NO BRA)

- Stand up-right with feet shoulder width apart and your arms and hands resting naturally by your side. Be natural. **Do not wear a bra or alter your posture or appearance.**
- You should take a photo from the front, left side, right side, and ideally a photo standing at a 45 degree angle for each side at a distance of 1.5 metres.



SIDE (No Bra)



45 (No Bra)



FRONT (No Bra)



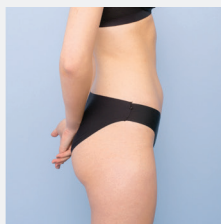
45 (No Bra)



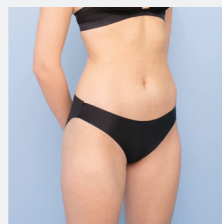
SIDE (No Bra)

## TUMMY SURGERY PHOTOS (UNDERWEAR TO PUBIC BONE)

- It is best to take photos in an up-right position with your **underwear or bathers pulled down to your pubic bone**. This is so the surgeon can clearly view your area of concern (be sure your abdomen is relaxed).
- Keep your posture natural, **really relax and let your belly hang out**.
- Please take photos 2 metres away of the front, left side, right side, and ideally a photo standing at a 45 degree angle on each side.



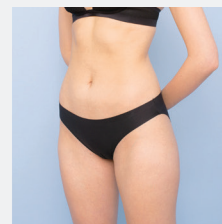
SIDE



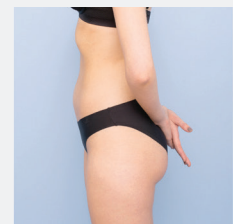
45



FRONT



45



SIDE

## SENDING US YOUR PHOTOS (2 OPTIONS)

### VIA EMAIL

Please send high resolution photos to [nzplasticsurgeons@xtra.co.nz](mailto:nzplasticsurgeons@xtra.co.nz)  
(under 10mg at a time per email)