

DR MARK GITTOS

PHOTO TAKING GUIDE



PRE-CONSULT PHOTO GUIDELINES FOR BREAST & TUMMY

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.



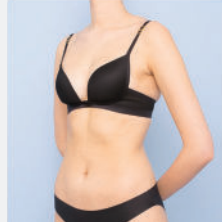
SIDE (No Bra)



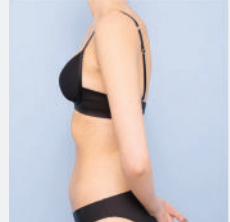
45 (No Bra)



FRONT (No Bra)



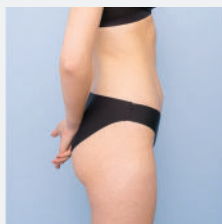
45 (No Bra)



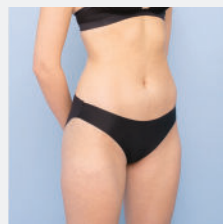
SIDE (No Bra)

TUMMY SURGERY PHOTOS (UNDERWEAR TO PUBIC BONE)

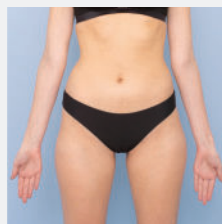
- It is best to take photos in an up-right position with your **underwear or bathers pulled down to your pubic bone**. This is so the surgeon can clearly view your area of concern (be sure your abdomen is relaxed).
- Keep your posture natural, **really relax and let your belly hang out**.
- Please take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



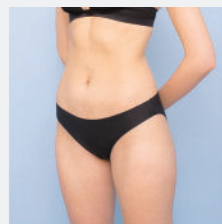
SIDE



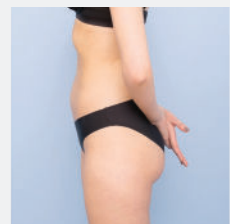
45



FRONT



45



SIDE

SENDING US YOUR PHOTOS (2 OPTIONS)

VIA EMAIL

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