



Virtual Visit Instructions

Virtual visits only require a few simple steps. The first is to take 5 pictures that can be assessed for progress. Below are step-by step instructions as to how to capture the correct images and where to send them. Should you have any questions, please contact the office and we are happy to help.

1. Take Photos

All you will need to capture these photos is a cell phone and a pair of spoons. The spoons will be used to keep the cheeks and lips out of the way so that we can get better views of your teeth. For clearer, brighter photos, please make sure your flash is on and the photos are focused. Below are examples of what the photos should look like.

Intraoral Photos



Front view

Right side view

Left side view

Upper view

Lower view

2. Send Photos

Send your photos to info@hdorthodontics.com. In the email, please make sure to include the patient's first name as well as their date of birth. Dr. Desh or one of the HD Orthodontics Dream Team members will review your photos and touch base with you within a few business days to discuss the next steps in the process. Dr. Desh will determine if a Skype/Facetime video call is necessary for further evaluation.