CLIENT PHOTOGRAPHY GUIDE

Tummy Tuck.

DO I HAVE TO TAKE PHOTOS?

It's normal to feel anxious about taking and submitting personal photos. However, they are an essential part of your Plastic Surgery journey and are used in a number of ways:

- ☑ As a planning tool for your Surgeon
- ☑ To inform your Surgical Quote
- ☑ As a baseline to measure your results

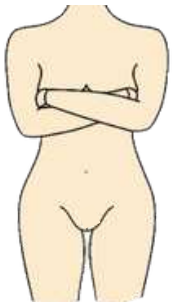
Trust us. No one is more understanding of the necessity of maintaining privacy throughout your plastic surgery journey than we are. Like other personal client information collected during your journey, your photos remain confidential.

INSTRUCTIONS

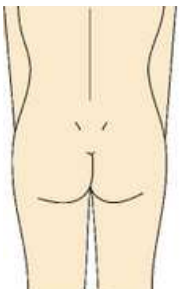
To assist your Assessment, please:

- ☑ Have someone else take these photos.
- ☑ Take photos from abdominal level.
- ☑ Ensure photos are clear and in focus
- ☑ Take the photos in good lighting with minimal shadows on the face.
- ☑ Take photos in front of a plain wall.
- ☑ Stand naturally, no arching back or pushing out stomach.
- ☑ Bra can be worn. If worn, your underpants should be loose and pushed down below pubic line. This will help to show the amount of excess skin at the hips and between belly button and pubic area.

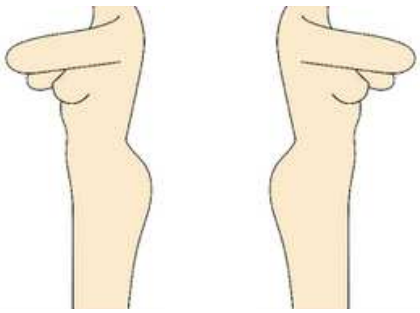
PHOTOS WE REQUIRE



FRONT
Arms cross over chest.
Not obstructing view of abdominal area.



BACK
Arms down and in front of body.



LEFT and RIGHT
Arms cross over chest. Not obstructing view of abdominal area.

SUBMITTING YOUR PHOTOS

If photos are larger than 1MB, please email each photo separately to info@cosmeditour.com

CosMediTour