

How to take photos of yourself from your smart phone

(Set your phone up in the right position to take the photos yourself)

1. Press the **camera app** on your screen
2. If your phone has the capability, select the **internal camera** by pressing on the icon that looks like a camera with 2 circular arrows inside it
3. You will see a clock at the top of the screen which represents the **timer mode** – press it
4. You will see 3 options: off, 3 seconds, and 10 seconds
5. Press **10 seconds** then press the round camera button at the bottom
6. It will start counting back from 10

Make sure to follow the photo instructions or examples for the procedure you require.

Photos will need to be clear and taken in good lighting for our surgeons to accept them. If they are not this will delay the surgical assessment and we may require new photos.

