

Patient instructions for teledentistry appointments

01

Describe concerns to your dentist in the TeleDent portal by answering the following questions. Be as descriptive as possible.

1. Which tooth are you concerned about? (Ex: Upper right back tooth.)

2. Do you have pain? On a scale of 1-10, how bad is it? Has it been getting worse or is it staying the same?

3. Does the pain wake you up at night? Is it spontaneous? Does it hurt when you eat cold, hot, or sweet foods?

4. Do you have any swelling inside or outside of your mouth?

5. Has the swelling gotten larger or smaller?

6. Are you having difficulty breathing or is your eye swollen? If yes, call 911.

02

Take these three photos (and any others necessary) and message them to your dentist:



Front teeth

1. Open your mouth slightly.
2. Pull your cheeks back and flip your upper lip up and your lower lip down.
3. Look straight at the camera.



Upper back teeth

1. Open more than halfway.
2. Pull your cheeks out.
3. Tip your head slightly down.
4. It can help to kneel on the top ground to that you can tip back more.



Bottom back teeth

1. Open more than halfway.
2. Pull your cheeks out.
3. Tip your head slightly down.



Focus on the problem

- If there is one tooth with a problem:
1. Open enough to see tooth.
 2. Pull lips or cheeks back.
 3. Focus camera on the tooth.

TIPS

You can use a friend to help take these photos!

For taking photos or video chat:



Have a light source behind the computer or phone camera.



With laptop: bring the camera as close to the edge of the table/desk as possible.



With smartphone: prop it up, make sure it is in selfie mode, flash is on and use the timer.

For positioning:



Wash your hands before and after touching your face.



Use spoons or fingers to help hold cheeks and lips back.