



DE LA CRUZ
PLASTIC SURGERY

Emmanuel De La Cruz MD, PLLC
Plastic & Reconstructive Surgery

Clinic: 2219 Sawdust Road Unit 1203
The Woodlands, Texas 77380

If you are traveling to see us for a consultation it is helpful for you to forward photographs before the appointment.

You are welcome to send digital photos via e-mail to:
delacruzplasticsurgery1@gmail.com

Please do not send images from camera phones, if possible. These are typically difficult to interpret and are of a lower image quality.

When your photo is formatted as a .jpeg, the file name will have .jpeg or .jpg at the end of the photo name (example: breastphoto.jpg). Do not put your name in the file name for your privacy. Sometimes these show as uppercase letters.

It may require that you send images individually in separate e-mails. A uniform background is helpful with as even lighting as best possible. For most photos your face should not be in the photo for your privacy (unless we are discussing something with your facial features). It is best if you have someone take the photos for you and it is very important that the camera be level with the body part being photographed.

Privacy Statement:

Any photos forwarded to Emmanuel De La Cruz, M.D. or De La Cruz Plastic Surgery are solely for consultation purposes and if you chose to have surgery, you will be asked to review and sign a photo release consent.

These instructions for sending photographs are intended only for the use of the individual or entity to which it is addressed and may contain information that is privileged, confidential, or exempt from disclosure

under applicable law. If the reader of these instructions is not the intended recipient, you are hereby notified that any dissemination, distribution, or copying of this communication is strictly prohibited. You are also requested to please notify the sender immediately by email and delete the original message.

If you have any questions about this process, please do not hesitate to contact our office by phone or by e-mail at info@delacruzplasticsurgery.com

These instructions are informational only. It is not intended for diagnosis or treatment of any health condition, nor is it a substitute for in-office, professional medical advice.

Facial / Rhinoplasty Instructions and Photo Samples:

Please take Photos in front of a plain background. For example, use a plain-colored wall or plain-colored sheet (white or blue is preferable) hung on a wall.

Photos should be taken from top/crown of head to just below the neck with collar bones visible. Facial features should be relaxed. No smiling or frowning, just a relaxed natural position. Keep jaw line in a relaxed natural position; do not try to push jaw out or “pose” as this will only obscure your natural jaw line. Be as relaxed as possible for the best photo outcome.

Keep the camera angle straight forward. Do not angle down or up, as this will also create an unnatural position/view of the facial features.

A total of 6 images/views are needed: 1 front shot, 2 quarter turn shots, 2 side views and 1 view with head tilted slightly downward of the facial features.

Breast Instructions and Photo Samples:

Please take Photos in front of a plain background. For example, use a plain-colored wall or plain-colored sheet (white or blue is preferable) hung on a wall.

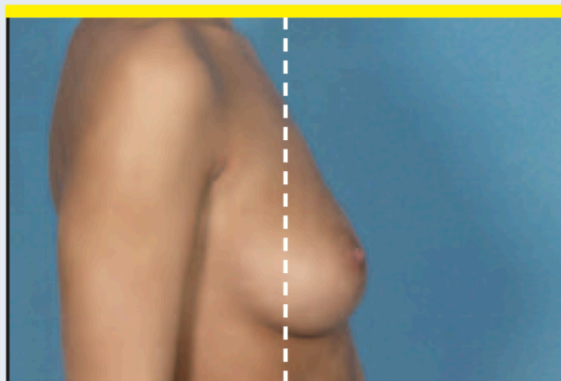
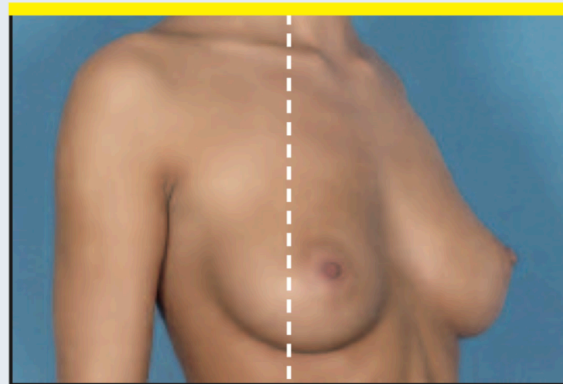
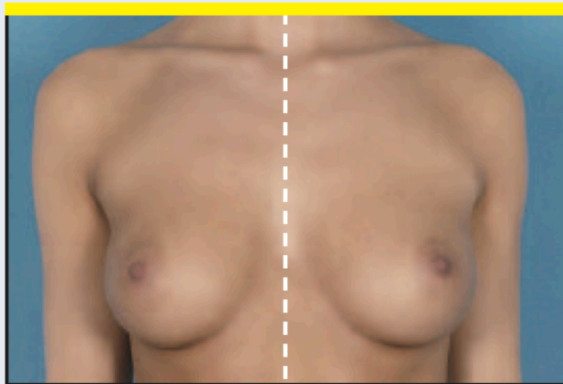
Photos should be taken from just below the neck with shoulders visible to just above the belly button. Hands and arms should not be raised as this lifts the breasts to an unnatural position. Hands can rest on your hips with



elbows bent naturally to the sides or rest naturally straight back. Be as relaxed as possible for the best photo outcome.

Keep the camera angle straight forward. Do not angle down or up, as this will also create an unnatural position/view of the breasts.

You will need to take your photos without any garments on; for example, no bras or shirts.



A total of 5 images/views are needed: 1 front view shot, 2 quarter turn shots and 2 side views of the breasts.

Body / Thigh / Back Procedures Instructions and Photo Samples:

Please take Photos in front of a plain background. For example, use a plain-colored wall or plain-colored sheet (white or blue is preferable) hung on a wall.

Photos should be taken from just below your chin to your feet. The whole torso area should be visible with no undergarments obscuring the area to be examined. Hands and arms should not be raised as this lifts the abdomen to an unnatural position. Do not "suck in" the abdomen as this also creates an unnatural position. Inhale and exhale out to completely relax your abdomen. Hands can rest on your hips with elbows bent naturally to the sides. Be as relaxed as possible for the best photo outcome.

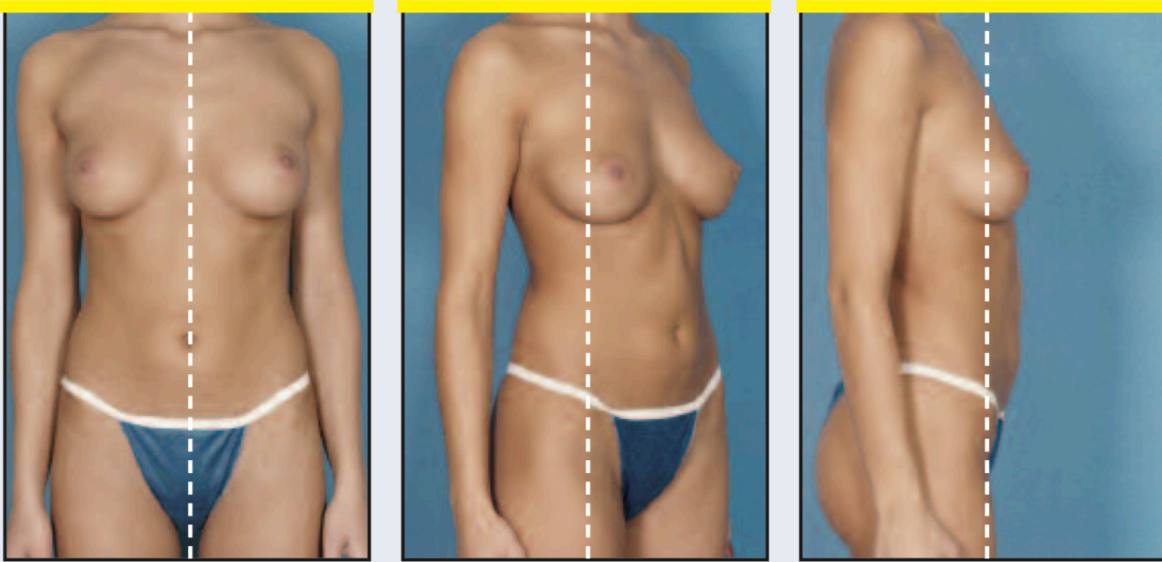
Keep the camera angle straight forward. Do not angle down or up, as this will also create an unnatural position/view of the abdomen area.

You will need to take your photos without any garments on; for example, no shirts covering the abdomen area.

A total of 8 images/views are needed: 1 front view shot, 2 quarter front turn shots, 2 side views, 2 quarter back turn shots, and 1 full back shot.

Note:

- **Body Photos:**
- *Body Photos must reflect your muscles in their relaxed state.*
- **Abdominal Photos:**
- *Abdominal photos should show area from the mid-breast to pubic bone.*
- *Please wear underwear*
- *Please expose any low or existing scars (i.e.; C-section incision).*
- **Back Photos:**
- *Back photos should show area from the top of the shoulders to the tailbone.*
- **Hip and Buttock Photos:**
- *Should show area from waist to knee.*
- *If possible wear underwear that does not cause indentations or remove them.*
- **Upper Thigh Photos:**
- *Should show area from mid-hip to just below knees.*



- *If possible wear underwear that does not cause indentations or remove them.*

Buttock Augmentation Procedures Instructions and Photo Samples:

Please take Photos in front of a plain background. For example, use a plain-colored wall or plain-colored sheet (whiter blue is preferable) hung on a wall.

Photos should be taken from just below your chin to your feet. The whole torso area should be visible with no undergarments obscuring the area to be examined. Hands and arms should not be raised as this lifts the abdomen to an unnatural position. Do not “suck in” the abdomen as this also creates an unnatural position. Inhale and exhale out to completely relax your abdomen. Hands can rest on your hips with elbows bent naturally to the sides. Be as relaxed as possible for the best photo outcome.

Keep the camera angle straightforward. Do not angle down or up, as this will also create an unnatural position/view of the abdomen area.

You will need to take your photos without any garments on; for example, no shirts covering the abdomen area.

A total of 9 images/views are needed: 1 front view shot, 2 quarter front turn shots, 2 side views, 2 quarter back turn shots, 1 full back shot, and 1 back bent forward shot.

Note:

- ***Body Photos:***

- *Body Photos must reflect your muscles in their relaxed state.*
- **Abdominal Photos:**
- *Abdominal photos should show area from the mid-breast to pubic bone.*
- *Please wear underwear*
- *Please expose any low or existing scars (i.e.; C-section incision).*
- **Back Photos:**
- *Back photos should show area from the top of the shoulders to the tailbone.*
- *Hip and Buttock Photos:*
- *Should show area from waist to knee.*
- *If possible wear underwear that does not cause indentations or remove them.*
- **Upper Thigh Photos:**
- *Should show area from mid-hip to just below knees.*
- *If possible wear underwear that does not cause indentations or remove them.*

