



Vatan
Healthcare

40+ Years of
experience



**Pre-surgery
photo instruction**

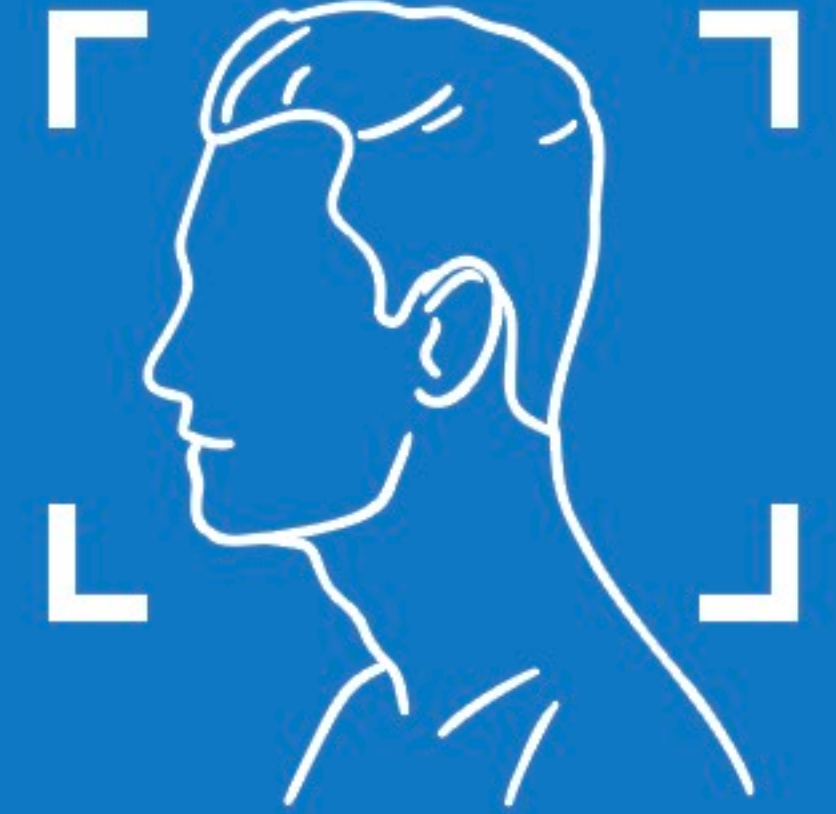
for men



FACE PHOTOS



Front

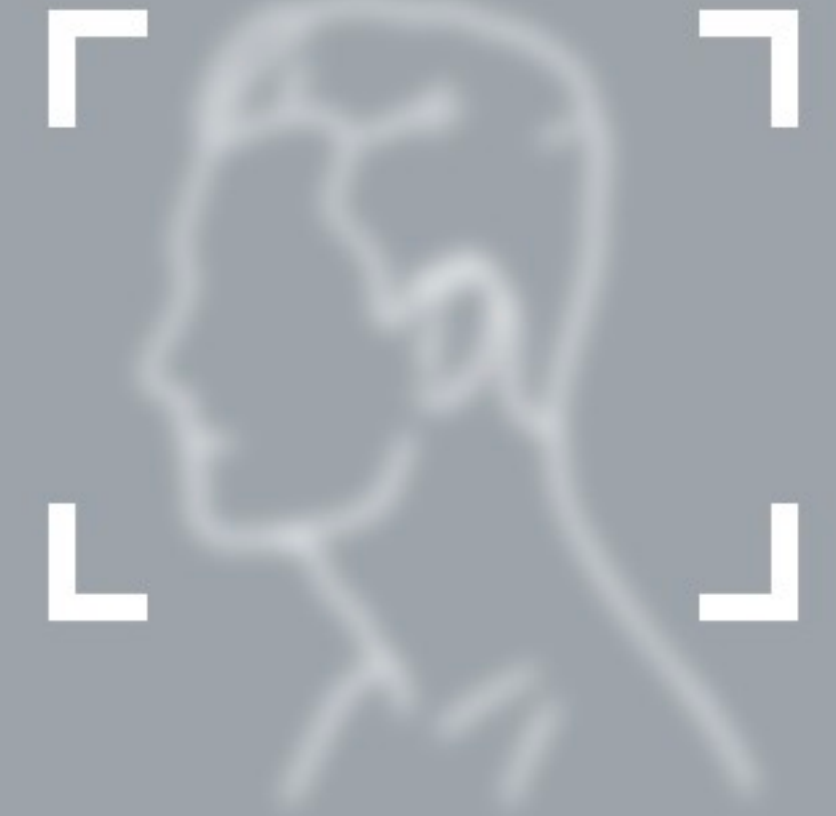


Sideway

- Take photos in natural daylight or bright, even lighting
- Ensure the image is sharp and not blurry
- Provide both front and side profile views
- Facial hair should be trimmed if possible
- Use a clean, neutral background

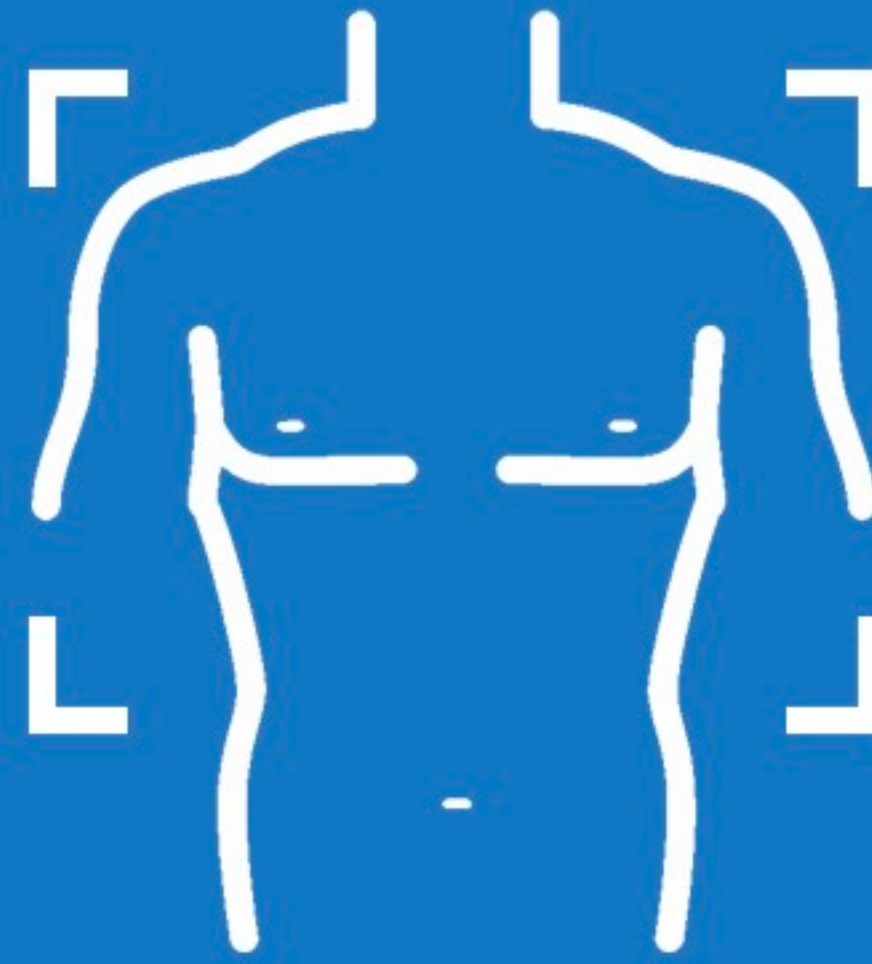


Front

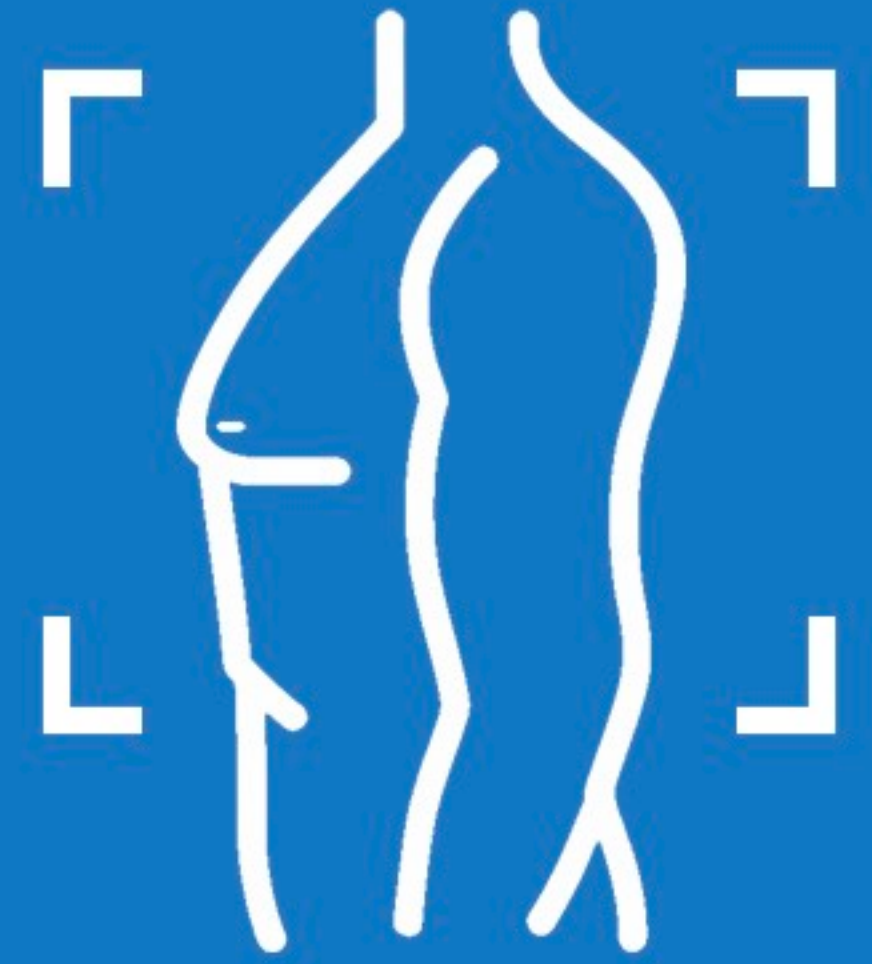


Sideway

CHEST PHOTOS

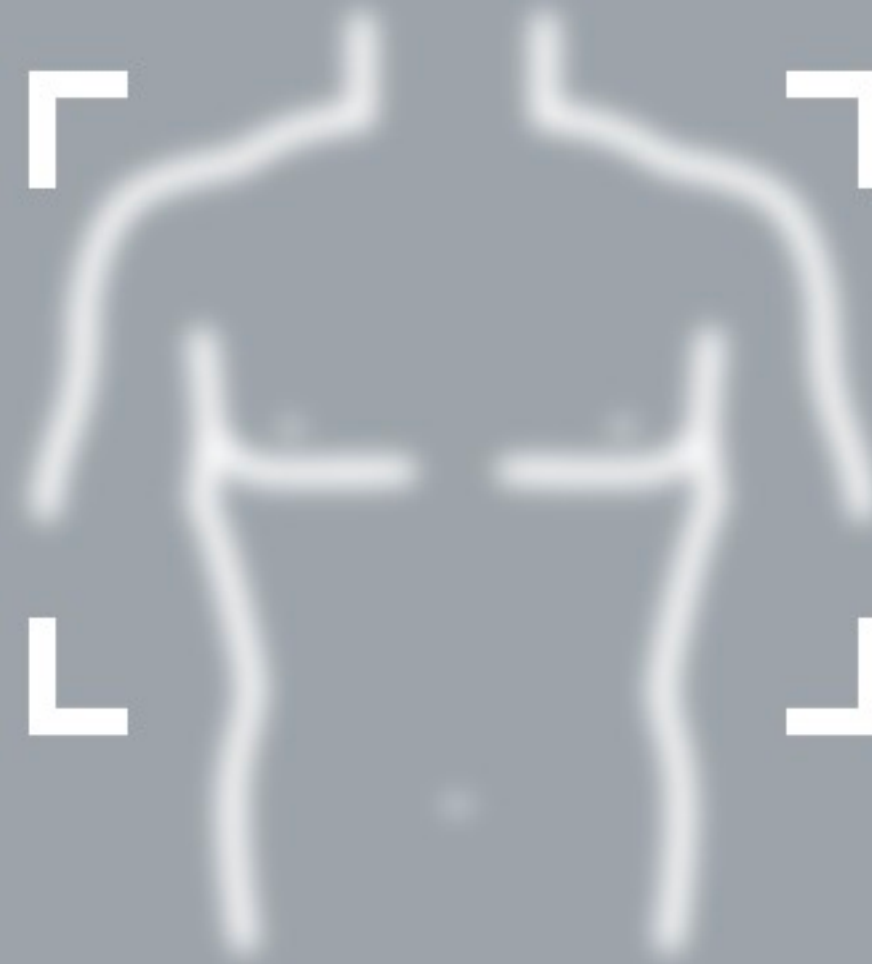


Front

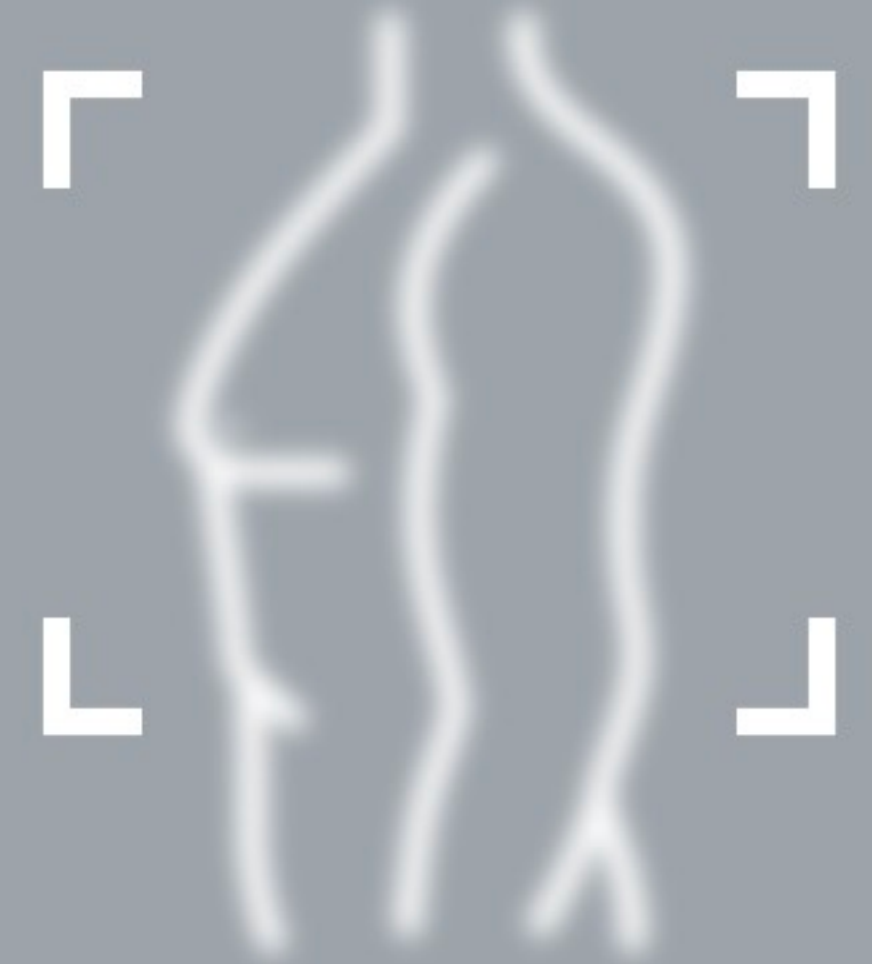


Sideway

- Take photos from the front and side angles
- Stand upright with a relaxed posture
- Chest area should be clearly visible
- Lighting must be even, without shadows
- Use a plain background

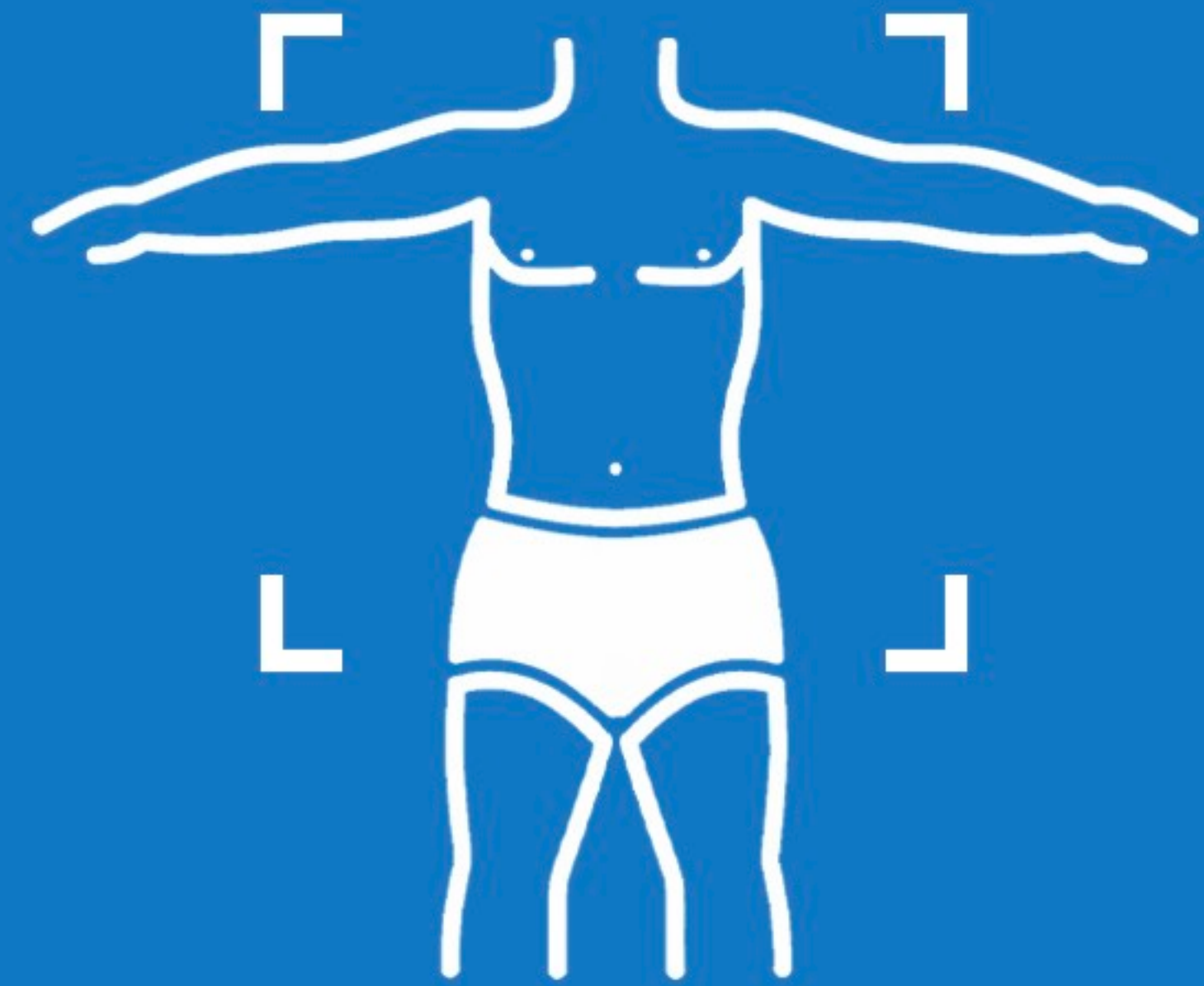


Front

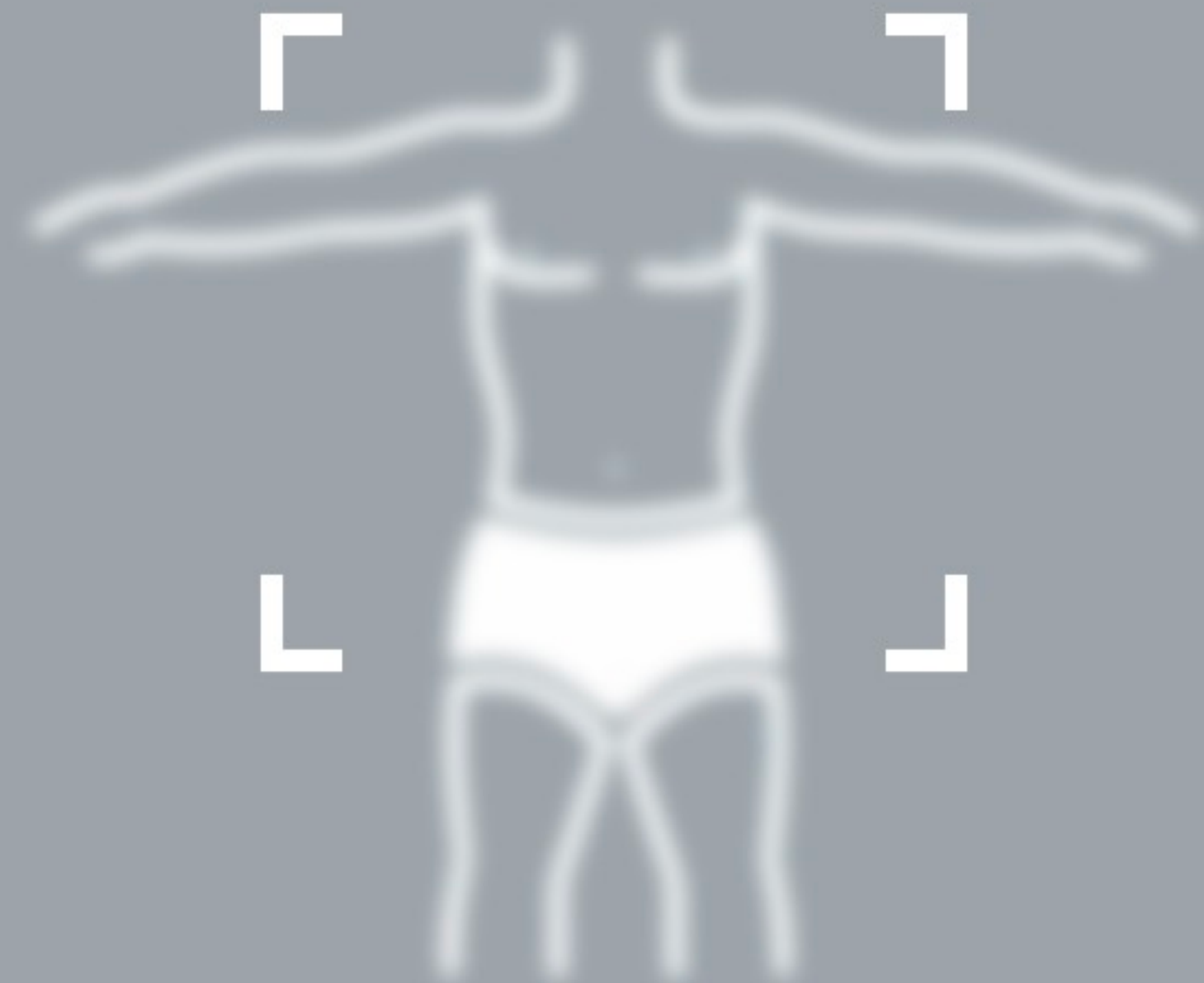


Sideway

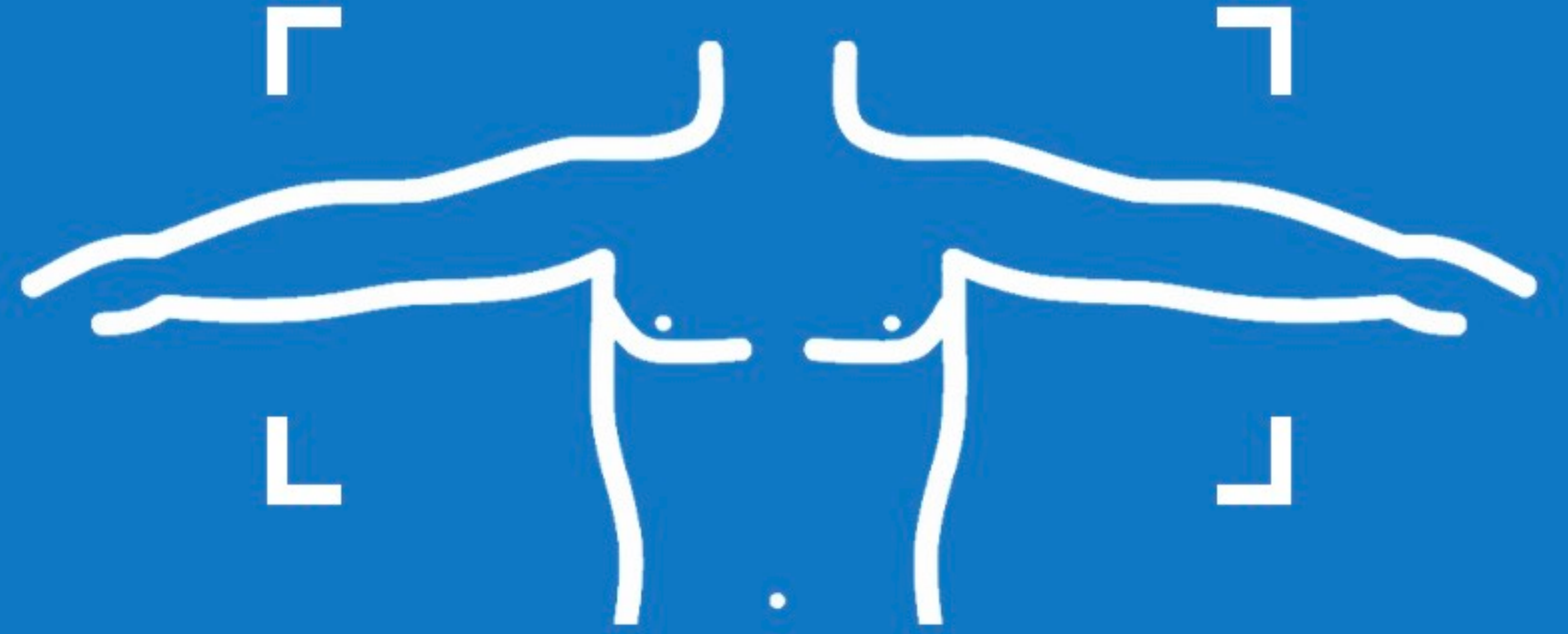
ARM AND BELLY PHOTOS



- Keep arms slightly extended away from the body
- Abdomen should be fully visible
- Photo should be taken from the front
- Avoid harsh shadows or uneven lighting
- Ensure proper framing if using a mirror



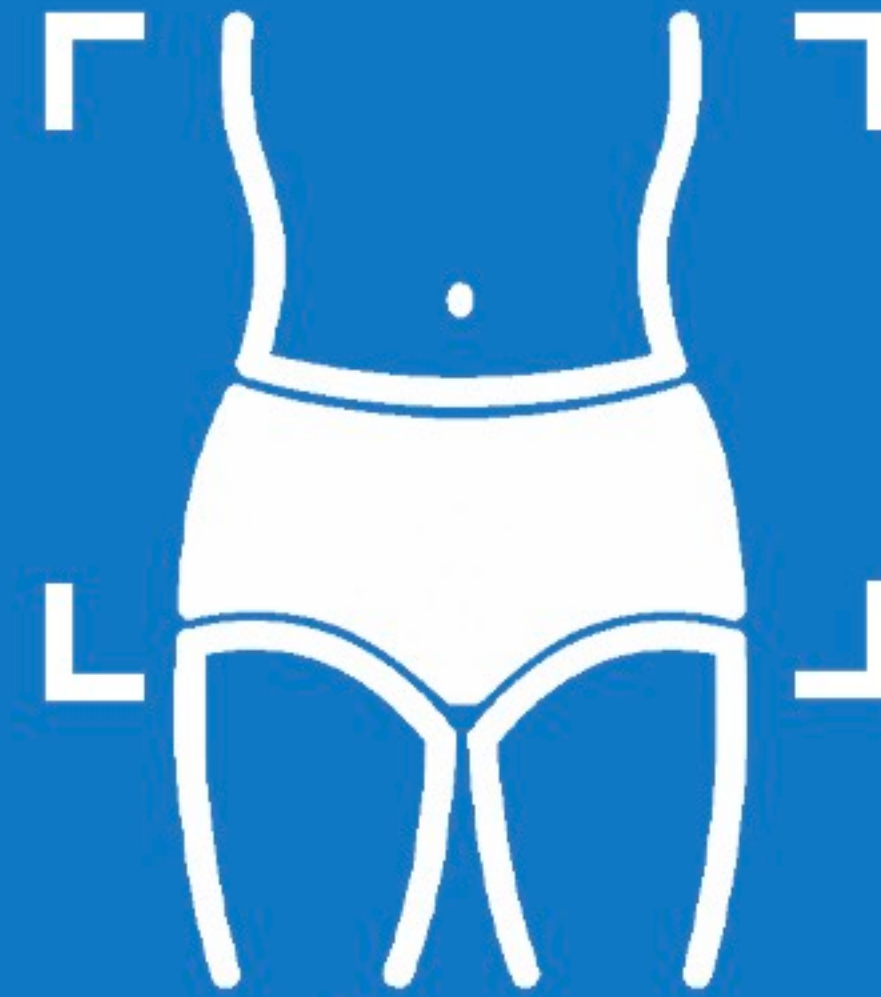
ARM PHOTOS



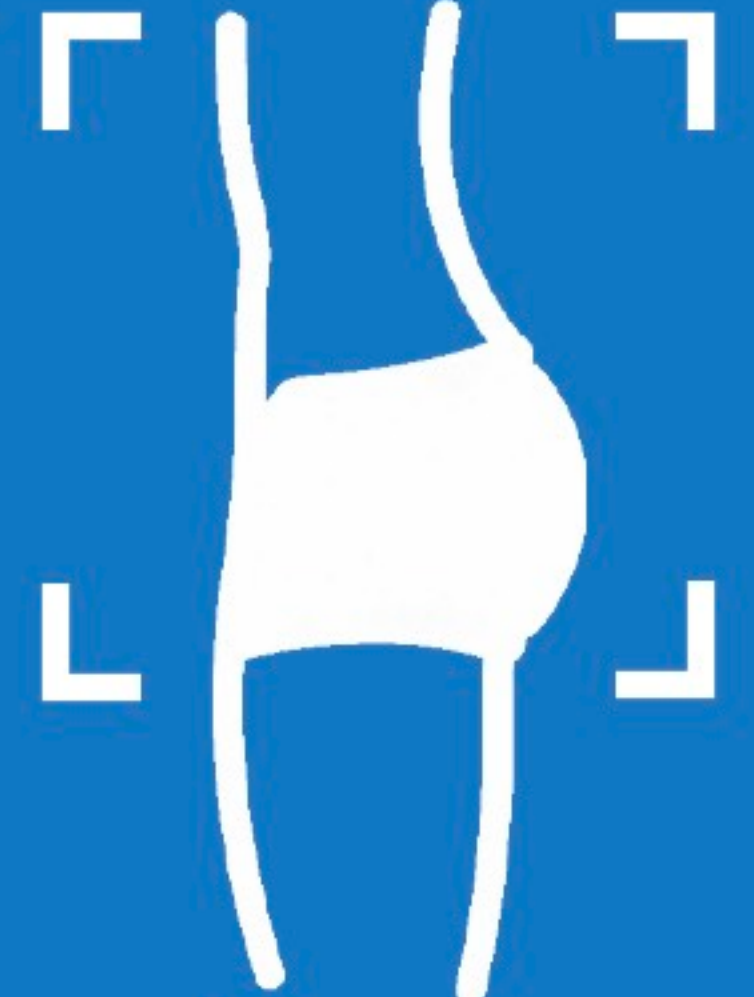
- Extend arms outward from the body
- Maintain a straight and natural posture
- Photo should be taken in a single, clear frame
- Background should be simple and uncluttered
- Lighting should be evenly distributed



BELLY PHOTOS

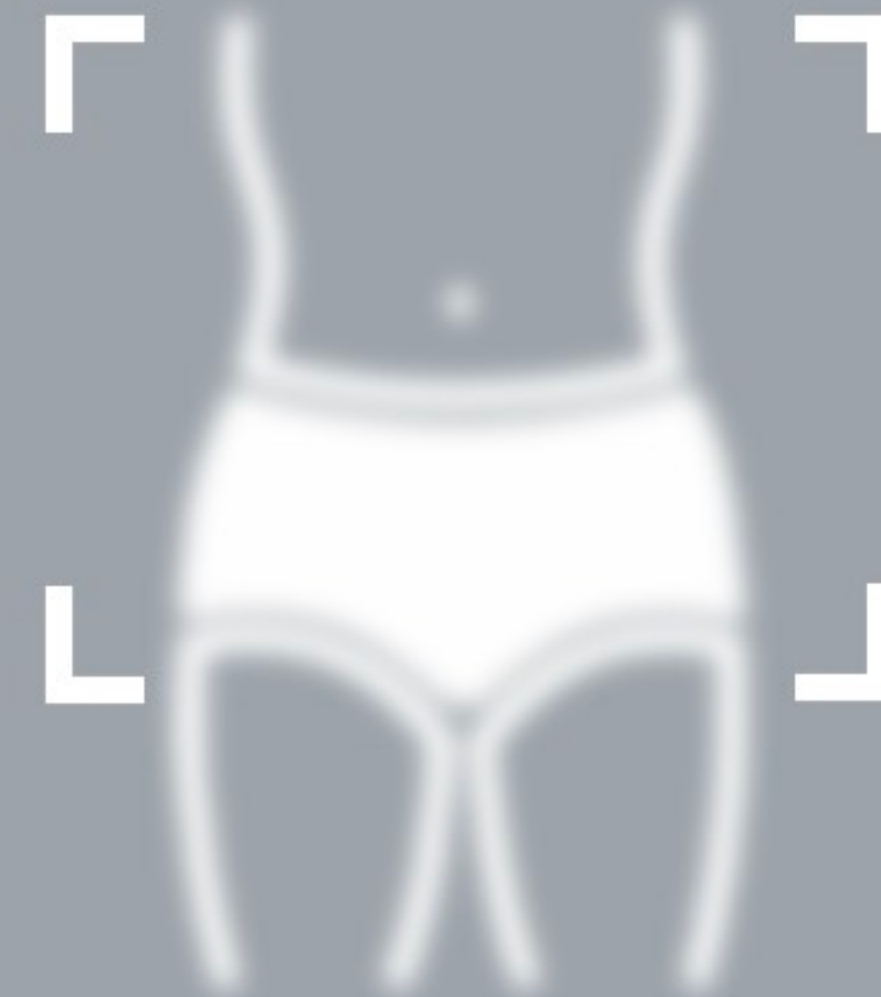


Front

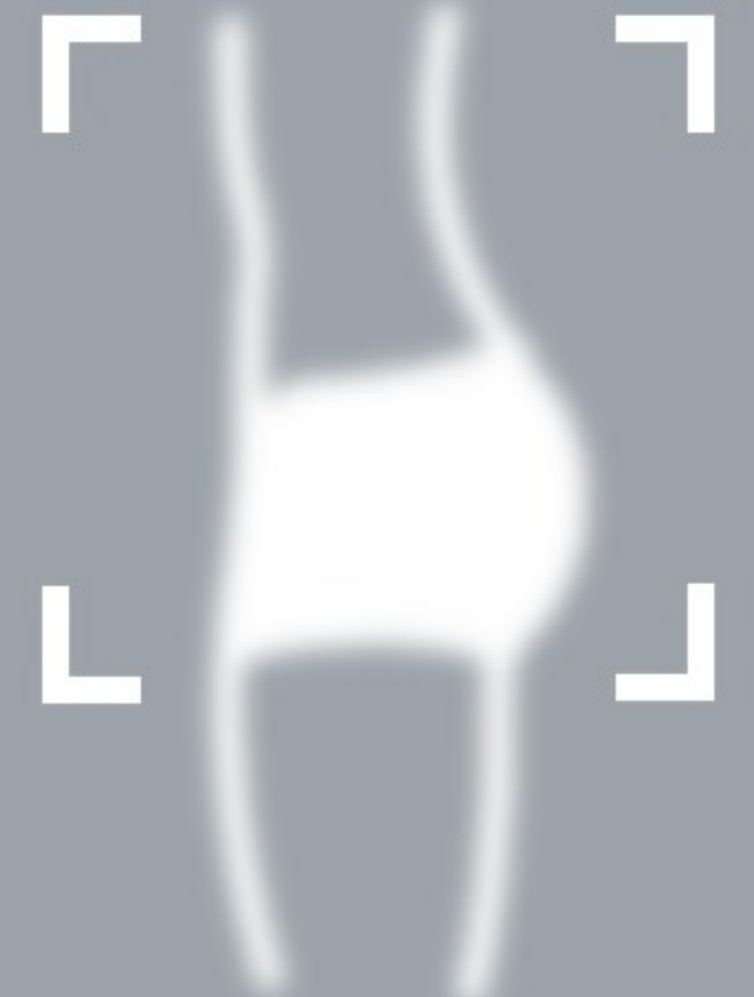


Sideway

- Take photos from the front and side profile
- Stand naturally without tensing the abdomen
- Ensure clear visibility of the abdominal area
- Photos must be sharp and high quality
- Use a neutral background

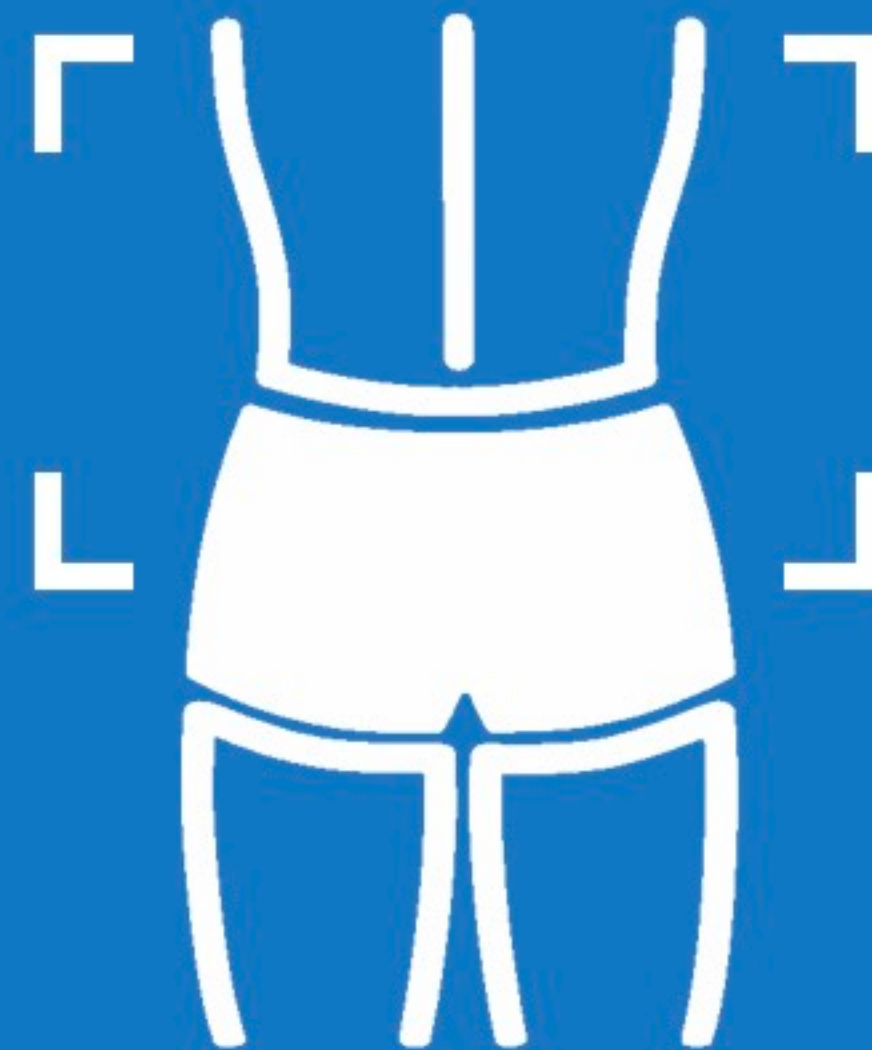


Front

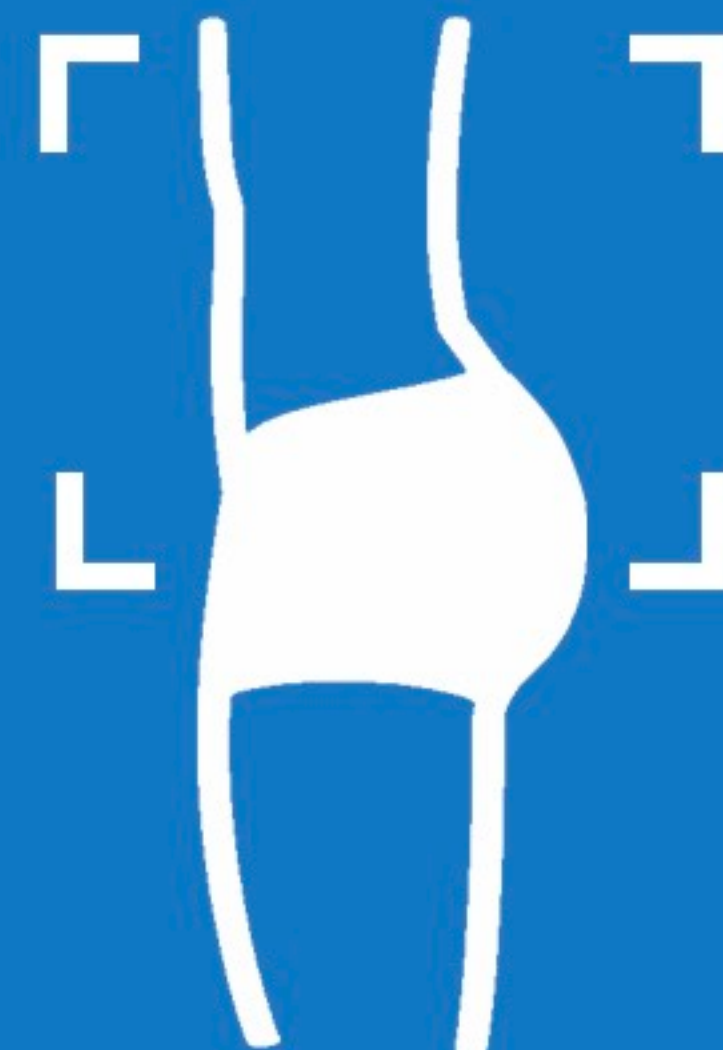


Sideway

BACK PHOTOS

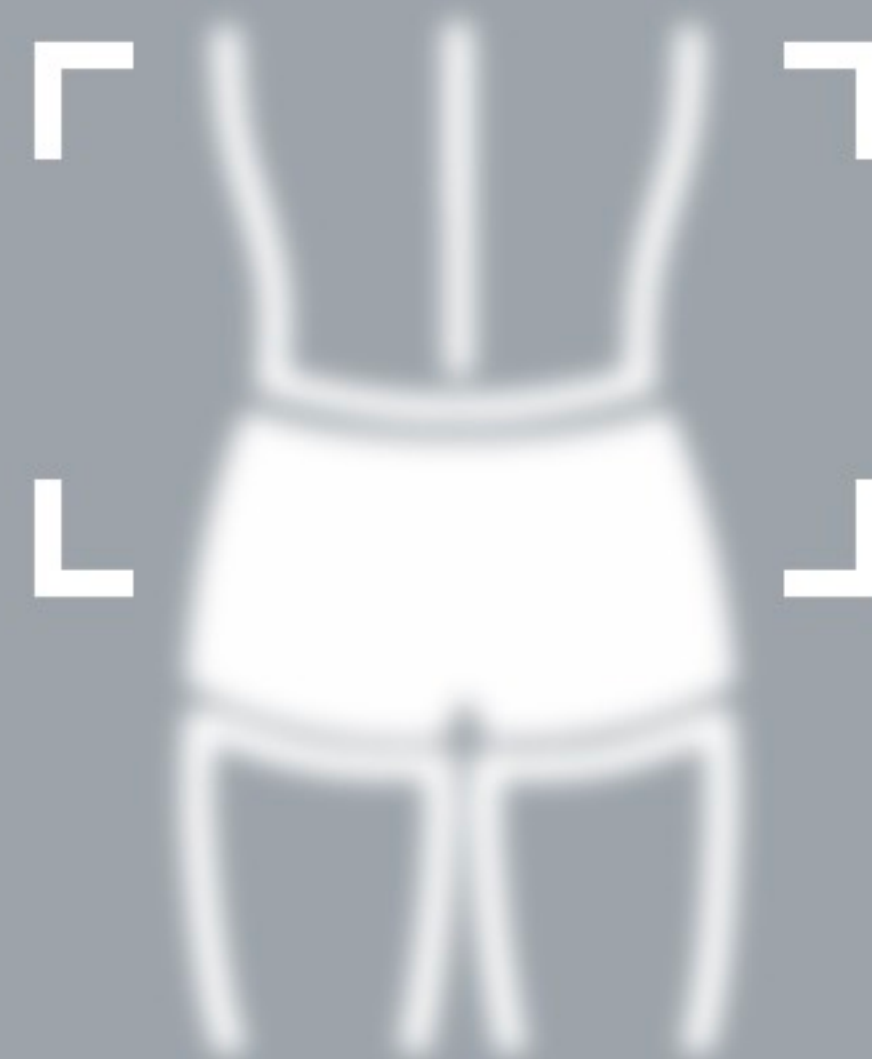


Front

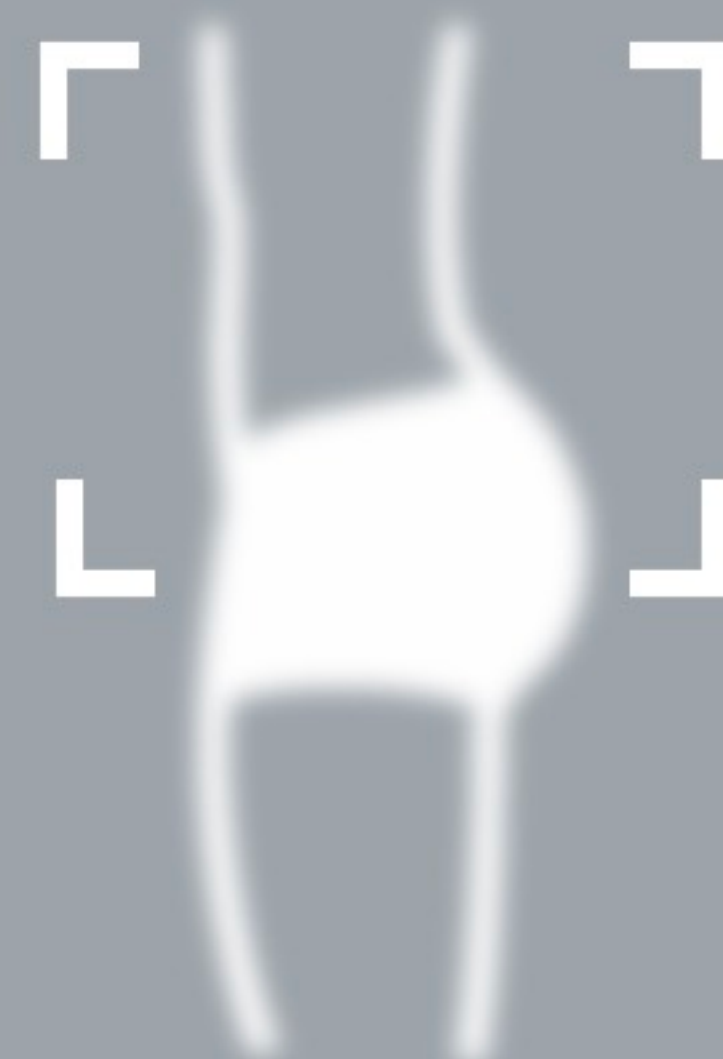


Sideway

- Take photos from the back and side views
- Stand upright in a relaxed position
- The full body should be visible in the frame
- Lighting should clearly define body contours
- Avoid distracting backgrounds



Front

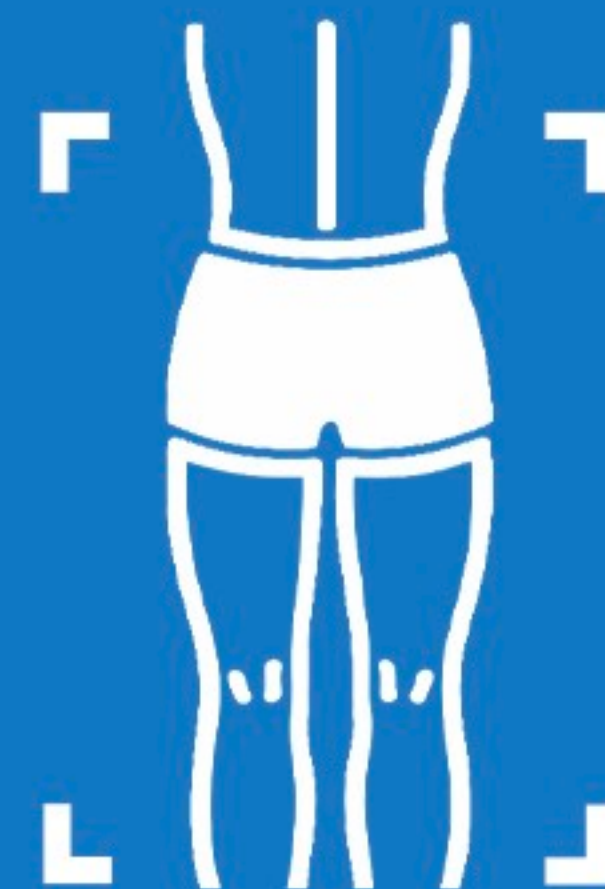


Sideway

THIGHS AND BUTT PHOTOS



Front

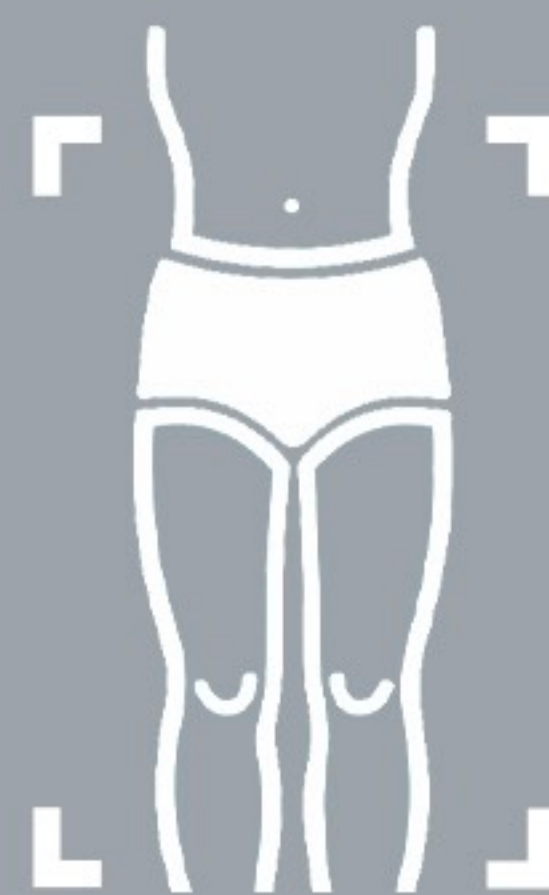


Back

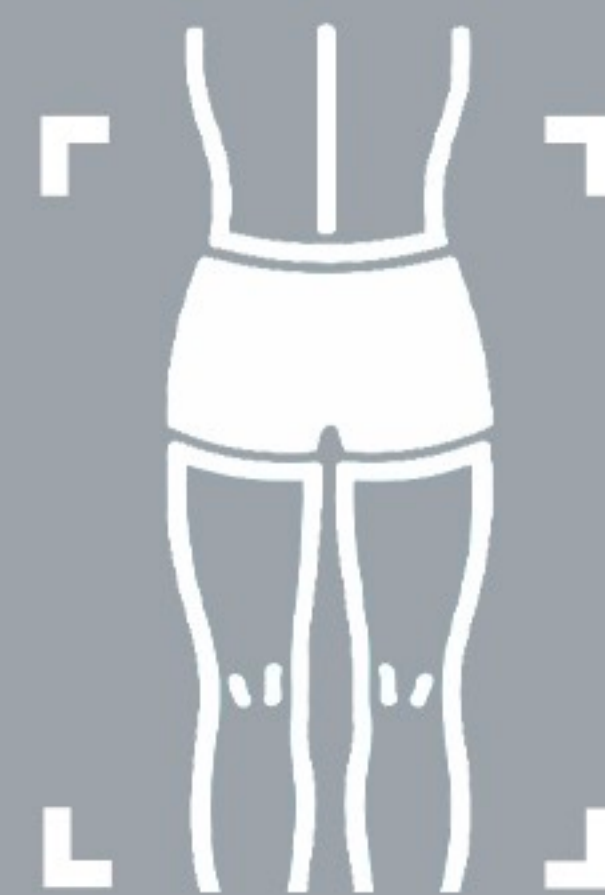


Sideway

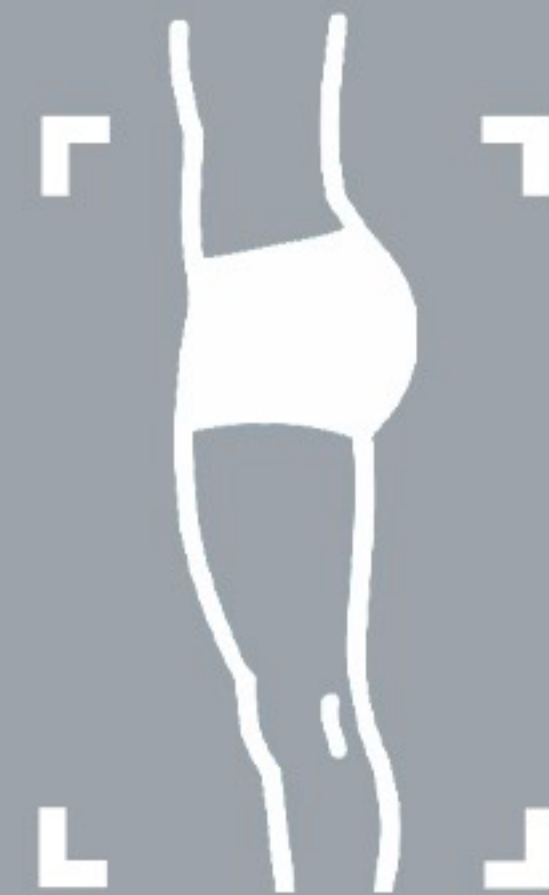
- Take photos from the front, back, and side
- Stand with feet shoulder-width apart
- Maintain a natural, relaxed stance
- Photos should be well-lit and in focus
- Background should be clean and neutral



Front



Back



Sideway



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40+ Years of
experience



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