



PERIO POINTERS

35 mm Digital Camera

Have you ever considered a 35 mm digital camera as a tool in your office? These are a few reasons you might want to consider one:

Before and After Photos

Pathology Documentation

Insurance Documentation

Evaluation of your work at the time you do it

Evaluation of long term results

Shades for the lab

Material for presentations to local civic groups

Some patients respond better to visual cues. It can be great for cosmetic cases. There are multiple systems—Canon, Nikon, Pentax. I would recommend any of them as long as they are greater than 6 megapixels. You do not need 12 megapixels. More important than the camera body is the macro lens of at least 60 mm and preferably 105 mm. Most important is the lighting system. Lester Dine makes the best in my opinion. Full system cost will be about \$2000. You could also look at Photomed and Clinipix. Look in the throwaway journals.

Case Study

I realize it is a lot of money. You do not have to buy the latest technology or the greatest number of pixels. A lot of these places have good buys on out of date or older or even used. If you have to buy a body from one place, a 105 mm macro lens from another and an older flash system from Dine. It will function great.

You can obviously use these for personal use as well. Just slip on a different lens. The downside is they are heavy to lug around.

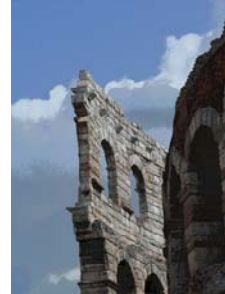
You have to make it a habit to take the photos. Better yet have your assistant make it a habit. Someone in the office needs to know how to do it beside you, and they are basically point and shoot cameras.

Picture storage and manipulation are important. I normally put them in monthly folders and then put them in procedure folders. I put the patients name and procedure on the photos. Hint: take a picture of the patient's name after you take the picture or pictures so you know who it is. I use a simple Microsoft digital imaging software— inexpensive and easy to use to straighten, crop, and change exposures. Photoshop will do it to but is more complex and expensive.

You will need some accessories, like retractors— I prefer the metal ones over the plastic ones. You will also need some mirrors for buccal, lingual, or full arch pictures. You might want to have a blue background for portraits.

To take photos of xrays— put on automatic, turn off flash and take off of viewer. You may have to crop them. To print, I normally email to Walgreens or Snapfish.com..

June 2008



I wanted something lighter this month. I will get back to implants next month.

Newsletter Spotlight

If this is of interest, I would be happy to do a little seminar for you and your staff. If you will email me and there is enough interest, I will do it. Pizza at Alphonso's? Your staff needs to know how to take them so you can keep working.