



THE STERNBERG CLINIC
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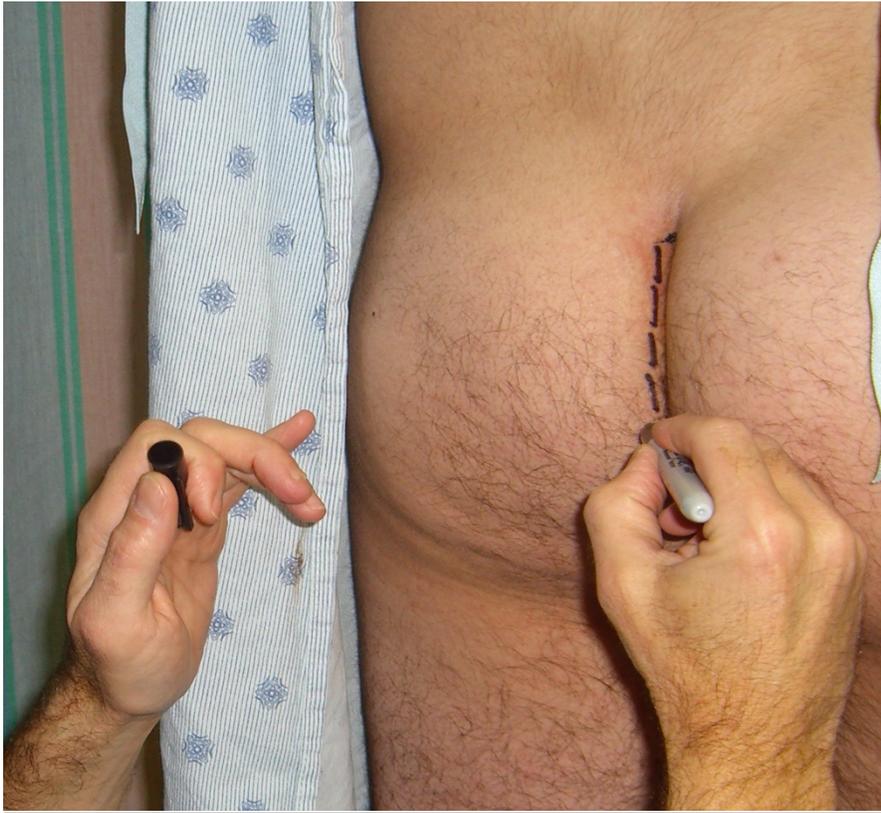
How to Photograph a Pilonidal Problem

In order to understand the extent of the disease and the anatomy of the natal cleft (for an explanation of the term natal cleft please go to (www.pilonidalsurgery.com), the affected area needs to be photographed properly. The process requires 2 people: the patient, and the photographer. This exercise may require a little humor and may be embarrassing for you. If you are the patient, please get used to it. This will not be the only time that someone needs to examine your bottom.

Step 1:

Ask the photographer to draw lines on your buttocks with a marker (a thick, black 'Sharpie' works well but can be difficult to wipe off).

The first buttock line: You (the patient) stand. Have the photographer drag a pen down the buttock crease where the 2 'cheeks' meet. First draw a line down the right cheek, then down the left – right where the skin meets. Make sure that you start at the top, where the two cheeks first meet and mark this area with a round dot. This creates a pair of lines that still look like one line as you stand. Later, when I will ask you to spread the buttocks apart, these two lines will spread in a triangular shape and tell me the depth of your cleft.



Step 2:

The second buttock line: It crosses the other two pairs. You (the patient) sit straight up on a bench or on the front of a chair. Have the photographer draw a horizontal line just above where your bottom meets the bench surface or the chair cushion.



Photo 1

After lines have been drawn please take two photos:

Photo 1: Standing -- no pulling apart buttocks.

Photo 2: Lie down on your face or bend over sharply. Pull your buttock cheeks apart hard so I can see the full length of the cleft from the top of the triangular lines all the way to include the entire anus.

Don't worry. These are confidential!



This photo shows what I need for **photo 2**

Congratulations! You're done. Nail polish remover should take the ink off.