

A Standardized Protocol for Exposing Cephalometric Radiographs¹

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- 1. Have the patient stand straight up.**
- 2. Occlude into maximum intercuspation.**
- 3. Inhale, then exhale, taking care to not forcibly exhale past the normal expiration point.**
- 4. Do not swallow.**
- 5. Maintain normal head posture by looking straight ahead into their own pupils in a mirror mounted at eye level.**
- 6. Expose the radiograph.**

It is crucial to have a standardized protocol to minimize soft tissue variation and to normalize the hyoid position, both from patient to patient, as well as within a treatment sequence for an individual.

¹ Prachartam N, Nelson S, Hans MG, Broadbent BH, Redline S, Rosenberg C, Strohl KP, Cephalometric assessment in obstructive sleep apnea, Am J Orthodontic Dentofacial Orthopedics, 109:410-419, 1996