



How to Take the Best Photos for Teledermatology

Have a skin concern and can't visit your dermatologist? Help your doctor by taking photos that clearly show your skin concerns.

5 Photo Rules to Follow



1. Photos should be well lit. Natural lighting is best.



2. Hide "distractions." Remove jewelry, clothing, busy wallpaper, etc.



3. **Open camera app** and hold steady with both hands.



4. **Focus your photos** by touching your phone screen. On most camera apps, you can pinch your fingers together to zoom in if necessary. Retake the picture if it's blurry.



5. **Orient the camera** parallel to your skin; do not angle up or down.

Dos and Don'ts



DO Neutral background and good angle.



DON'T The background is too busy.



DON'T Patient's clothing is distracting.

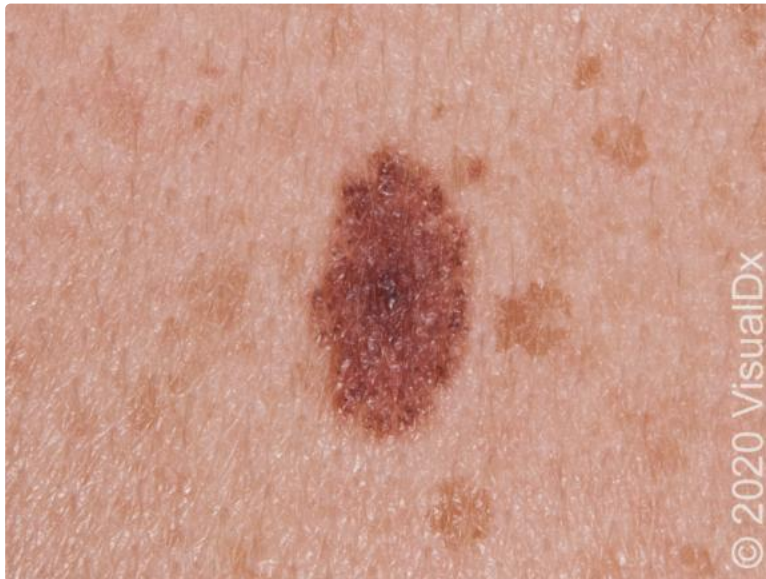


DON'T Photo was taken at an odd angle.





DO Take photos from more than one viewpoint.





DO Take a close-up, medium, and wide picture of the condition.