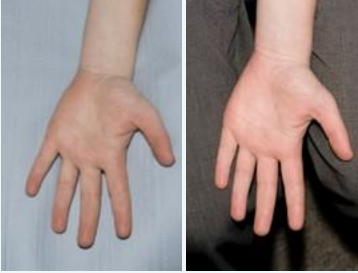


A guide for patients – how to take the best photographs of your skin lesion or rash

1

USE A BACKGROUND



- Backgrounds should be plain and unobtrusive providing no distraction from the area of interest. A background is only needed if the subject area does not fully fill the frame.
- When applicable, a background could be placed in contact with the skin to minimize shadows.

2

GOOD OVERHEAD LIGHTING IS IDEAL



- General office or household light may not always be sufficient to light an image. Consider using flash.

FLASH ON

FLASH OFF

3

ALWAYS TAKE AN ESTABLISHING IMAGE FOLLOWED BY A CLOSE UP



- If there are several skin lesions or multiple areas of skin affected, it can be difficult to distinguish between these if only close-up photographs are taken. For example, a mole on the arm may look similar to a mole on the leg.

Therefore, it can be useful to take low power photo(s) from a greater distance to show where the skin lesion or area involved is located on the body, as well as close ups.

4

TAKE MORE THAN ONE IMAGE



- When taking a photograph, the camera needs to be parallel to the lesion.
- To demonstrate the size and shape of the lesion, you could consider taking additional image views, for example at an oblique angle.

5

AUTO FOCUS ON THE LESION



OUT OF FOCUS

IN FOCUS

- Images must be in focus for the dermatologist to review.
- Most smartphone cameras have a built-in auto-focus feature. You may need to wait a second for the auto-focus to find the lesion. If your camera is too close to the lesion this usually results in an out of focus photograph. Try zooming in from a bit further back.

6

ALWAYS REVIEW YOUR PHOTOS

Ensure your images have captured a good representation of the skin lesion or rash. Poor images will make it difficult for the Dermatologist to make a correct diagnosis.

7

5MB IS THE LIMIT

Consider setting your camera or smartphone image resolution to a lower (e.g. medium) resolution. Most NHS computers have a limit to the file size of any attachment which can be opened in emails to a maximum of 5 to 10MB.

Email your photographs to the Dermatology Department at Dorset County Hospital using the following email address:

- +DermatologySecretaries@dchft.nhs.uk

Please ensure to include your full name and date of birth in the subject line of the email.