

# iPhone Photo Guide for Teledermatology

## General Guidelines

Improve your doctor's ability to diagnose and manage your care via teledermatology by following these general iPhone photography guidelines. Ideally, a family member will take the photos; but it is possible to achieve good results by yourself.

### 1. Prepare the immediate environment

- Remove any personal identifiers. This might include:
  - Glasses
  - Jewelry (other than common wedding bands)
  - Clothing that hides or distracts
- Avoid photographing tattoos unless they are part of the dermatological problem.

### 2. Establish a consistent, neutral background

- When possible, position yourself in front a neutral wall.
- If photographing an arm or leg, take the photo against a background of a solid, dark-colored fabric.

### 3. Compose the image

Start broad then narrow to details. Sets of images should include:

- A distant shot to show the extent AND
- A close-up to show the details. Try to include some normal nearby skin.

### 4. Position the camera

- Keep the body location being photographed either horizontal or vertical in the frame to avoid odd angles.
- Do not fill the frame entirely with the rash or affected area — Leave an area of normal skin for comparison.
- Angle the iPhone in a way that does not cast a visible shadow.
- Keep the iPhone as flat as possible (straight on and perpendicular) to avoid distorting the image.

## Examples



#### 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.

# Focus and Exposure Tips

## Lighting

Most rooms should have adequate light and will not require the use of flash or supplemental lighting. If you are in a low-light situation, try to hold the camera as steady as possible to reduce blur.

- Achieve proper exposure by tapping on the brightest area of the image or on the area of interest. Tapping the darkest area of the image will overexpose the image.
- Brightness can be controlled by holding down on an area that you want to adjust and waiting for the sun icon to appear; move the slider up and down to adjust brightness.
- Avoid using flash if possible.

## Focus

- Focus your iPhone by tapping the areas of interest on the screen.
- If you move, re-tap the screen prior to taking the picture.
- Zooming in beyond the halfway point will distort the image. It is better to move closer and zoom less. Just remember to re-focus.

## iPhone 11 Pro Lenses

The two most useful lenses are the **wide lens (1x)** and the **telephoto lens (2x)**

- Wide lens (1x):
  - Use for both the wide and medium shots.
  - Moving the phone closer and/or farther away from your patient will provide much better images than zooming in.
  - By holding down on the 1x you can choose a specific magnification to zoom in on the area. The same affect can be achieved by “pinching” in or out on the screen until the desired zoom is achieved.
- Telephoto lens (2x):
  - Use for close-ups without zooming—this will provide a sharp and in-focus image.
  - Moving the phone closer or farther away from the patient will help to achieve proper focus
  - Avoid zooming in beyond the halfway point as this causes distortion. It is better to move closer to your patient and zoom less.

**Note: Do not use Portrait Mode or filters.**

## Contact Us

Heidi Halton, Image Collection Manager,  
at [hhalton@visualdx.com](mailto:hhalton@visualdx.com).



[visualdx.com](https://visualdx.com)

# Examples



**DO** Take photos from more than one viewpoint.



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