

Photo Guide for Teledermatology

General Guidelines

Improve your doctor's ability to diagnose and manage your care via teledermatology by following these general photography guidelines. Ideally, another person should 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
- Avoid wearing clothing that hides or distracts from the lesion
- Avoid photographing tattoos unless they are part of the dermatological problem.
- Why? Photos with extraneous items are distracting and can impede your dermatologist's ability to clearly see your condition.

2. Establish a consistent, neutral background

- When possible, position yourself in front of a neutral wall.
- If photographing an arm or leg, take the photo against a background of a solid, dark-colored fabric.
- Why? A neutral background focuses your dermatologist's eye on the problem and keeps the color of your skin consistent.

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 phone in a way that does not cast a visible shadow.
- Keep the phone 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

Try to face whatever your light source is. Use natural light if available and position yourself in front of it so the area you are photographing is evenly lit. If you are in a low-light situation, try to hold the camera as steady as possible to reduce blur.

- Tap on the brightest area of the image or on the area you're trying to capture. Tapping the darkest area of the image will overexpose the image.
- Brightness can be controlled by holding down or tapping on an area that you want to adjust and waiting for the sun or light bulb icon to appear; move the slider to adjust brightness.
- Don't use flash

Focus

- Focus your phone by tapping the screen in the area of interest.
- If you move, re-tap the screen prior to taking the picture.
- Zoom by "pinching" in or out on the screen or "pinch" on the screen and use the slider that appears to zoom in or out.
- 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 fillers on any type of phone or iPhone portrait mode.

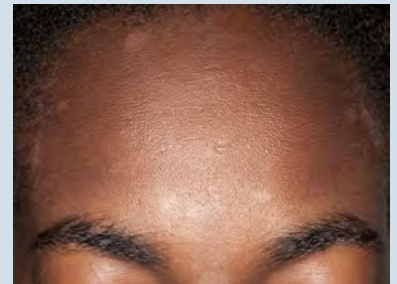
Contact Us

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Examples



DO Take photos from more than one viewpoint.



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