

A guide for patients on how to take a clear photograph



Use a background

- Take a photo against a plain, uncluttered, neutral background. E.g. a wall or a bed sheet.
- Take the photo in a well lit room or in the garden.
- Try with flash and without flash.
- Hold the camera parallel to the surface of the skin.



Take a location and a close up

- First, take a photo from a distance to show the location of the lesion (or rash).
- Second, take a close-up photo to show details of the lesion (or rash) preferably with a ruler.
- Mark subtle lesions.
- Use a ruler or coin to measure lesion and focus on lesion.
- Take between 2-5 clear images.

Always review your images

- If possible get someone else to take the photo for you.
- Ensure the photos you have taken are a good representation of the lesion so the doctor/consultant can review the images.
- Poor images will not be reviewed.
- If the focus is poor tap your finger on the screen on the area for defined focus. If it's still blurry, move away from the area a few centimetres.
- If the lighting is poor hold your finger on the screen for a few seconds, or some devices have an exposure bar and you can adjust that.
- If photos of the scalp, elbow or knees, take photos of nails too.