

How to: Take A Picture for your Dermatologist

We recommend sending two types of images: a faraway image and a close-up image.



Lighting

- Take your images in a well-lit area. Natural light is best. Take care to avoid harsh light or a reflected shadow.



Background

- If possible, have a solid background in your photo.
- Remove any jewelry or watches that may distract your dermatologist.



Field of View

- Take both a faraway image and a close-up image of your rash or spot.
- The close-up image should have equal parts of health skin surrounding the spot or rash.

Image Orientation

- If possible, have a second person take the image so that your head is at the top of the image.
- If you are taking the image yourself, make sure that you consistently take the image at the same camera angle (horizontally or vertically).
- Faraway images should include “landmarks,” such as an ankle, shoulder or elbow, to help your dermatologist understand where the rash or spot is located on your body.



Focus/Resolution

- The rash or spot should be in the center of the images.
- Make sure that your images are in focus.
 - You should be able to see the hair follicles or wrinkles on your skin.



Scale

- If possible, use a coin (such as a quarter, or dime) in your close-up image to give your dermatologist an idea on how large the area of interest is.

For a more detailed instructions, you can view this video: <https://vimeo.com/369733339>