

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

1. Use correct settings on your camera or phone:

- Use your main camera (the one on the back of the phone).
- Use automatic setting on your phone or camera.
- Mind the image size – photos larger than 2MB will not be uploaded- reducing size or resolution may help.
- Most phones have “HDR” or “Rich tone” setting option under “camera settings” if you have this - turn it on.
- Avoid filters.

2. Use background:

- Use plain background and avoid distracting elements.
- White, Black or Blue are ideal
- Ideally cover the entire frame; if possible put the background in contact with your skin to avoid shadows.
- Paper towels or walls are excellent



Use lighting:

- Try to use good overhead lighting. Get the light shining on the skin, try to eliminate shadows.
- Household or office lighting may not be sufficient, consider using flash but be aware this may add shadows or burn out details.
- Sunlight is good but may be too bright and eliminate details.



3. Focus:

- Hold your phone or camera still.
- Make sure the lesion is in focus.
- Some phones will not manage to focus if the phone is too close, in some phones pressing on the lesion on screen before taking the photo will make the phone focus on the chosen area.



4. Take a reference picture:

- Take a photo showing the whole body part where the lesion is situated – for example whole arm or whole back. This will help the doctor understand which lesion to examine.
- One reference picture is enough. Ideally you will take one reference picture and one close up picture. For 3 dimensional lesions (for example raised moles) try taking close up pictures from at least 2 angles.



5. Provide reference for scale:

- A ruler is ideal but if you don't have one, a coin or other object of known size is helpful.
- Be careful not to cover the lesion.



6. Even though we will use the strictest standards to maintain your privacy, If possible, avoid including identifying details like eyes, lips and tattoos. However, if the lesion is near one of these it is OK to include them.

7. Upload the pictures to the practice website. Be sure to fill in your name, DOB, the location on the body and the clinician to see your picture. It may take a little while for pictures to go from the website to your medical file so upload the photos a few days in advance of your appointment. We will not share the photo with anyone other than the team that will treat you. Sometimes we may need to forward your pictures to the secondary care dermatology team for advice or referral.