

# How to: Take A Picture for your Dermatologist

We recommend sending at least **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.

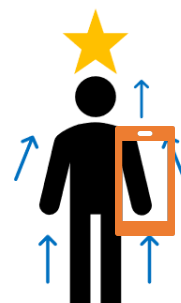


## Field of View

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



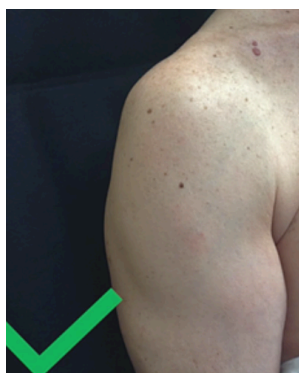
## Scale

- If possible, use a ruler in your close-up image to give your dermatologist an idea on how large the area of interest is.

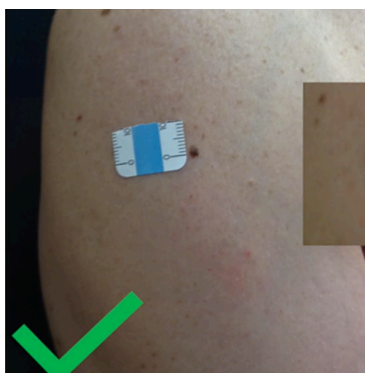


For a more detailed instructions, you can view this video: <https://vimeo.com/369733339>

Lighting



Focus/Resolution



## Sample:

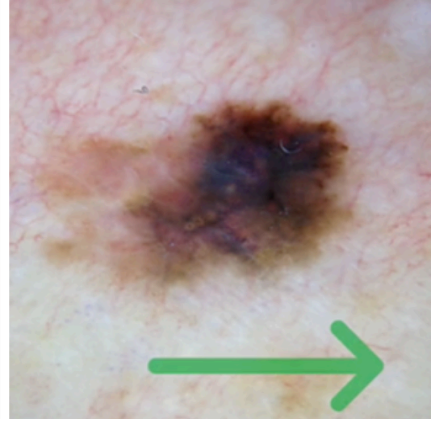
Faraway/medium distance image



Close-up image

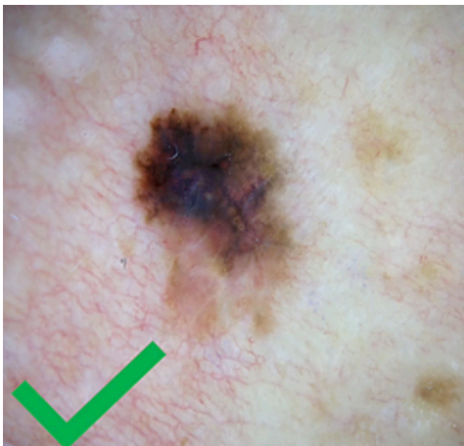


Dermoscopy/ "Tape" image

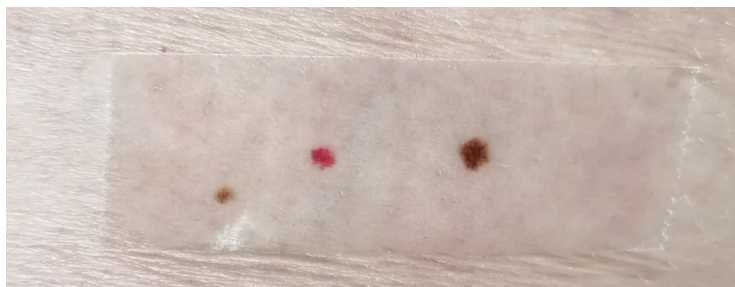
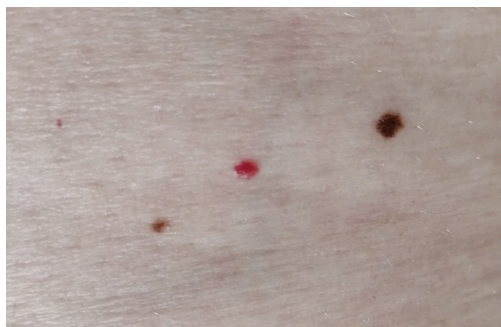


## For Dermoscopy images:

- If you have a **Molescope**, simply use it as usual to take the dermoscopy images.



- If you **DO NOT** have a **Molescope**, you can use as an alternative the **"Tape and oil method"**:
  - Material: Clear sticky tape and oil
  - Steps: 1. Apply a drop of oil on the spot; 2. Stick the tape on the top; 3. Take a close up photo (macro, 20 cm distance).



- 2<sup>nd</sup> alternative: "Oil only" method (cooking oil)
  - **Steps:** 1. Apply a drop of oil on the spot; 2. Take 1-3 close up photos (at a distance 20-30 cm, angle about 45°)

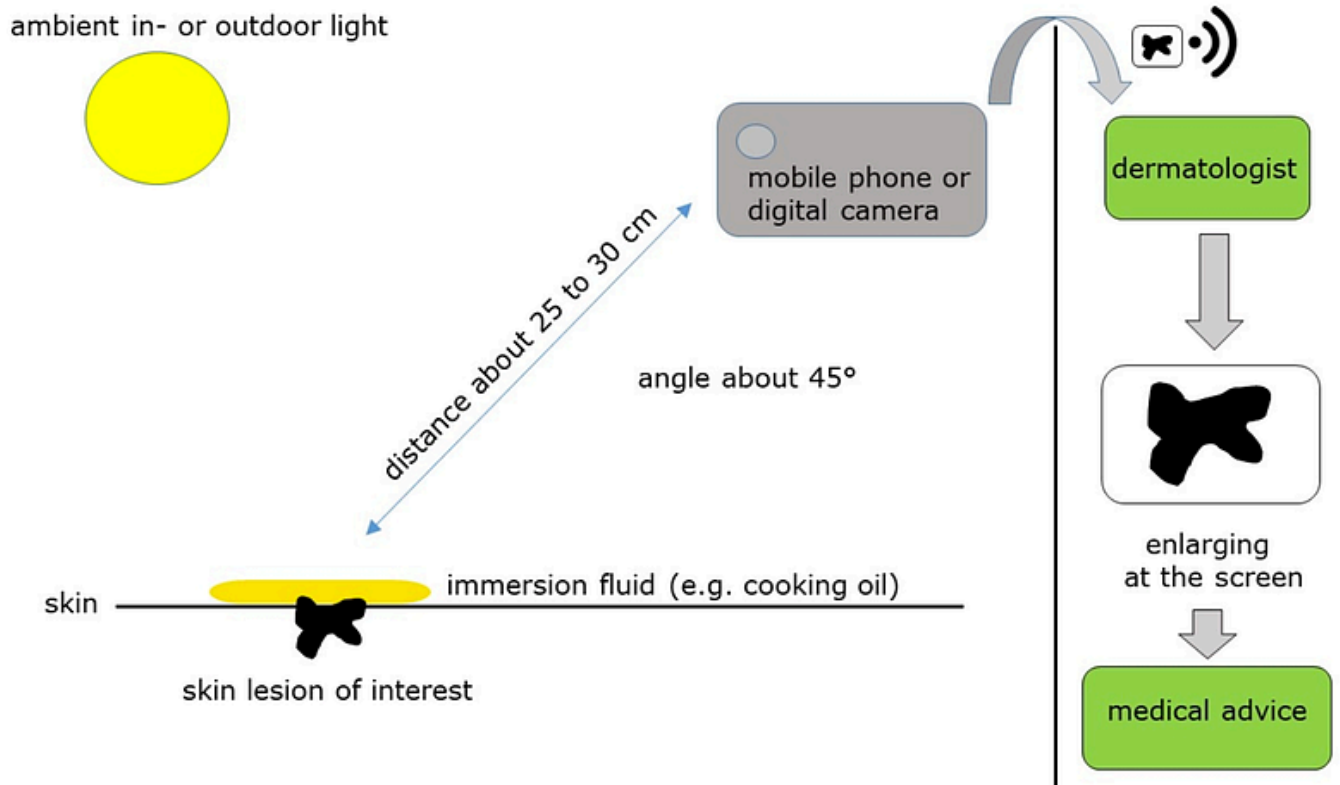


Image courtesy of Prof Andreas Blum and Michelle Menzies

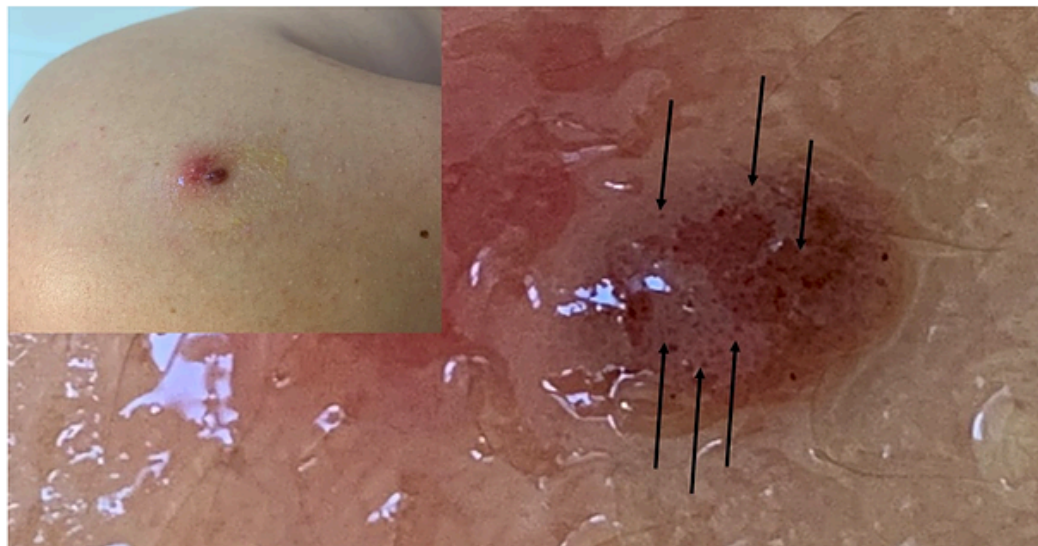


Image courtesy of Prof Andreas Blum and Michelle Menzies