

South Oxfordshire Community Dermatology Service

How to take a photograph of your skin problem

Getting ready

- You can use a phone camera or digital camera. If using a phone, use the main camera not the “selfie” camera
- Check that your camera lens is clean
- Turn off the flash
- Find an assistant. It’s much better if someone else takes the photo
- Move to a bright area with lots of natural light, but avoid direct sunlight
- Make sure your assistant doesn’t cast a shadow over the area being photographed
- Place the area to be photographed on a plain background (such as a plain towel, sheet or wall) if possible

Taking the photo

- We need 2 photos for each area.
 1. An orientation photo - Stand 1 meter away from the area of interest and take the photo. This shows where the problem is and how big an area it covers
 2. A close-up photo – Move your camera 10-12cm (4-5in) from the skin problem. On most phones you can touch the screen to focus on the area of interest. If you get too close, the camera won’t be able to focus
- Take a few photos and only send the best. Check that the skin problem is in focus and easy to see. The photo needs to look the same on the screen as it does in real life

Sending the photo

- Your doctor or practice administrator will advise you how to send in the images either through our online consultation platform via our website or via accurx text message
- Only send 2 photos of each skin area, as above
- If given the option by your phone, reduce the picture size to between 1 and 2 Mb but no smaller.
- By sending the photo electronically to us, you acknowledge that no communication system can guarantee complete security and there is a small possibility that the message could be intercepted by a third party. You data will be processed in line with www accurx.com/privacy-policy or <https://econsult.net/privacy-policies/>
- By sending the photo in you consent to it forming part of your medical record, which can be viewed by employees of Woodlands Medical Centre and organisations in which we have information sharing agreements with, for example hospital trusts. <https://www.woodlandsmedicalcentre.com/media/content/files/Privacy%20Notice.pdf>

If you would like to watch a video to learn more, click this link <https://vimeo.com/410068431>