

Taking Better Pictures with a Smartphone

Assistant

- Many photos are best taken by someone else
- Recruit a healthy/safe friend

Holding the Smartphone

- Use two hands to stabilize
- Hold the camera still
- Press gently on the shutter, so as to avoid jiggling the phone

Lighting

- Light the site well indoors, soft indirect light is the best, avoid a bright light from behind
- Outside, and it's sunny, go to an evenly shaded area
- Take a photo with and without, if possible

Background

- Plain light blue or green background is considered ideal.
- A white towel, pillow case or wall will do.

Orientation

- Follow the direction of the body part.
- Check a horizontal or sideways photo
- Arm, a vertical/up-and-down photo
- Center the area of interest.

Aim/Focus

- Tap the screen on the site you want to focus on.
- Point the camera perpendicular to the site.
- Gently touch the portion of the image revealing the lesion, this will lead the lens to focus upon that spot and generate an optimal color balance.
- There is a minimum distance below which a lens will not focus.
- If a closeup is out of focus, move the phone back and take another photo.
- Subject should stay still
- Ensure a clean lens: If all images are blurry, lens may need cleaning (sunglass cleaning cloths work great)

Straight at it

- Capture images from different angles.

Minimum of two views

- One from a distance, such as ½ arm length away, showing the lesions in relation to the whole body /important anatomical structures.
- One a close-up view, from 1 hand length away, showing the individual lesion.

Smartphone camera

- Use the phone's back camera, it yields higher resolution than the front-facing

Check your photo

- Is it a sharp picture? If not, please retake.
- Is there enough light? If not, please retake.

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