

Guide to Submitting Photos for your Dermatology Televisit



USE A BACKGROUND

1

- Backgrounds should be plain (preferably a solid color) and should not distract from the area of interest. A background is only needed if the subject area does not fully fill the frame.
- When applicable, a background should be placed in contact with the patient in order to minimize shadows.



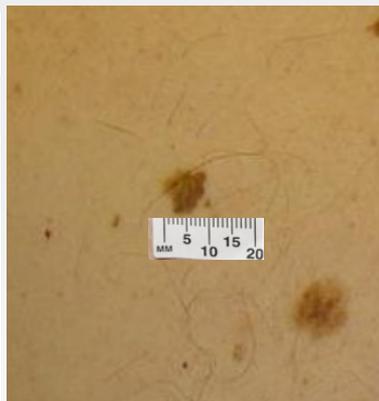
FLASH ON

FLASH OFF

GOOD OVERHEAD LIGHTING IS IDEAL

2

- Consider using flash if the photo appears dark in artificial light or natural light. Make sure the flash does not overexpose the subject area.
- Lighting should not obscure the details of the photo.



ALWAYS TAKE AN ESTABLISHING IMAGE FOLLOWED BY A CLOSE UP

3

- If you have multiple areas of interest, then it is difficult to distinguish between pictures if only close-ups are taken. For example, a mole on your leg may look similar to one on your arm, so by taking an establishing image it helps avoid any confusion regarding the location of the lesion.
- As well as the establishing image, a close-up image or a series of close-up images should be taken.

4

TAKE MORE THAN ONE IMAGE



- When taking a photograph, the camera needs to be parallel or directly overlying the lesion.
- To demonstrate the size and shape of the lesion, you could consider taking additional views at different angles.

5

FOCUS ON THE LESION



OUT OF FOCUS

IN FOCUS

- Images must be in focus so that high quality images can be reviewed by your dermatologist.
- Most smartphone cameras have a built in autofocus feature. You may need to wait a second for the autofocus feature to find the lesion.
- If your camera is too close to the lesion, this usually results in an out of focus photograph. Try zooming in and out until you can take a high quality focused photo.

6

SUBMIT YOUR PHOTOS

- Log into Mychart. Click on the 'Messaging' icon on the top of the Mychart home screen.
- Click on 'Ask a Question', then 'New Medical Question' on the following page.
- Find the name of your dermatologist under recipient. If you cannot find their name, choose your primary care provider and ask that they forward the message to dermatology.
- Under the message box, there will be a button labeled "Attach an image" which will allow you to upload your photos. You can only send 3 photos at a time. If you need to send more, you can send a separate message.

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