

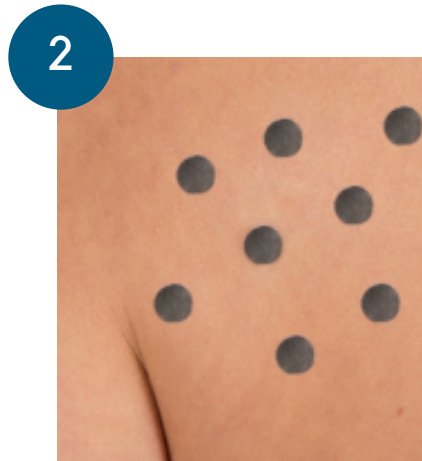
TeleDerm Photo Taking Instructions

To ensure that we provide the best possible care it is very important that you follow the below instructions when it comes to photo best practices.

- Photos should be **well-lit using natural lighting**.
- **Hide distractions** like jewelry, and clothing. Restrain hair.
- Hold camera steady and **focus your photo by tapping your phone screen**.
- Please take at **least three photos of the location** - one zoomed-in, one standard zoom, and one zoomed-out showing the whole area.
- **Please see pages 2 - 4 for example photos per body part.**



Zoomed-Out



Standard Zoom



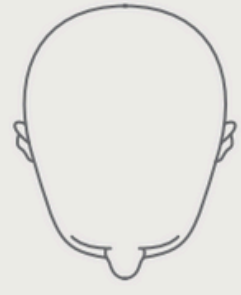
Zoomed-In

Credits: American Telemedicine Association | Canfield Scientific, Inc.

ONLY send photos through the secure link you receive.
DO NOT send via standard text or email.

Examples

head, face, scalp



Preparation: Remove jewelry and makeup. Restrain hair. **Positioning:** Seated. Tuck chin slightly. Minimize rotation and tilting. Neutral expression.

knees, elbows



Preparation: Remove applicable clothing. **Positioning:** Standing.

axilla



Preparation: Remove jewelry and deodorant, if visible. Restrain hair. **Positioning:** Standing, arms raised.

Examples

genitals, buttocks



Preparation: Remove clothing.

Positioning: Lithotomy pose for female.

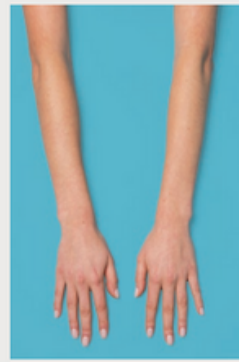
trunk



Preparation: Remove clothing from upper body. Remove jewelry. Restrain hair.

Positioning: Standing, back straight. Minimize rotation and leaning.

lower arms



Preparation: Remove applicable clothing and jewelry.

Positioning: Seated, rest arms on table.

upper arms

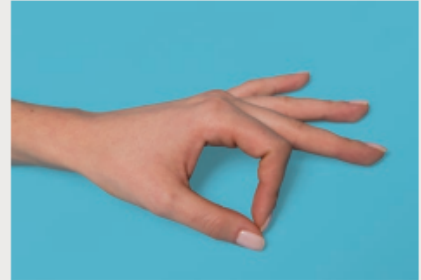


Preparation: Remove applicable clothing and jewelry. Restrain hair.

Positioning: Standing, arms at side, palms facing front.

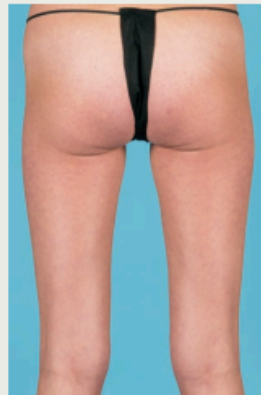
Examples

hands, fingernails



Preparation: Remove jewelry. Roll up sleeves.
Positioning: Seated, rest hands on table.

legs: anterior and posterior



Preparation: Remove shoes, socks and applicable clothing.
Positioning: Standing, feet slightly apart.

legs: lateral and medial



Preparation: Remove shoes, socks and applicable clothing.
Positioning: Bend knee of leg furthest from camera and move foot forward.

feet, toenails



Preparation: Remove shoes, socks and applicable clothing. Brush debris from bottom of feet. **Positioning:** Keep feet close together. Have patient kneel for soles of feet.