



Please read this guide on how to take photographs of your Skin lesion/rash this will ensure that the GP receives the best quality photo to help with treatments or referral to the Dermatology service.

- If you can please ask a family member or friend to take the picture.
- Choose a bright room or space
- Position yourself against a plain background if possible a white wall or plain curtain for example.
- If you are using a mobile phone or tablet use camera mode without the flash if available.
- Ask the person to first take a photo from 1 metre away
- Next ask the person to take a close up photo of the area. It is important to keep the camera as steady as possible to avoid blurring.



Please send two photographs back to the text link you were provided with or alternatively send to general.reception@nhs.net include your name and DOB

When sending the two photographs via text or email you will be given an option of file size please do not use full size but chose medium or large.

