

myPRODERM is proud to offer telehealth (phone and video calls) to our regional and remote patients where we can.

We also offer telehealth in select situations to our metropolitan patients.

Skin examination is a key part of diagnosing and monitoring in Dermatology. This guide will help you take the best photographs, to make the most of your telehealth appointment.

Remember, if it's not visible in the photos, it cannot be assessed.

General Tips for ALL Photos

✓ Lighting

- Use **bright, natural light** where possible (e.g. near a window)
- Avoid strong shadows
- Avoid yellow indoor lighting if possible
- Use flash only if needed (see below)

✓ Focus

- Ensure the image is **sharp and in focus**
- Tap the screen to focus before taking the photo
- If it looks blurry, retake it

✓ Background

- Use a **plain, neutral background** (e.g. white wall)
- Avoid clutter and distractions

✓ Framing

- Keep the camera **steady**
- Keep the skin area centred
- Don't crop too tightly unless instructed

✓ Flash

- Use flash if lighting is poor, but:
 - Avoid glare (especially on moist or shiny skin)
 - Take one photo **with flash and one without** if unsure

✓ Assistance

- If possible, ask **someone else to take the photos**
 - This improves focus and framing, especially for hard-to-reach areas

1 Photos of Target Areas *(For specific skin concerns)*

Please provide **3 types of images for each affected area**:

1. Distance photo (context)

Show the body part (e.g. whole arm, leg, face)
Helps us understand **location**

2. Mid-range photo

Move closer to show the **affected area clearly**

3. Close-up photo

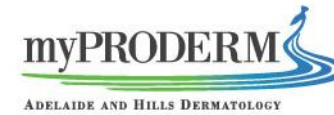
Fill the frame with the skin lesion/rash
Ensure it is **sharp and detailed**

👉 Tip:

Include a **scale reference** (e.g. ruler or coin) in one close-up image if possible.

2 Photos for Authority Scripts (e.g. biologics)

These require both **detailed close-ups** and **full distribution views**.



A. Close-up photos

Take clear, focused photos of:

- Most affected areas
- Any representative lesions

B. Global / distribution photos

Please photograph the following areas even if only mildly affected:

Body

- Front (full body)
- Back (full body)

Upper limbs

- Both arms (front and back)

Lower limbs

- Both legs (front and back)

Head and neck

- Face (front and sides)
- Scalp (if involved)

👉 Tip:

Wear minimal, appropriate clothing to allow visibility of affected areas while maintaining comfort and privacy.