

Due to the COVID-19 pandemic there has been an increased number of telephone consultations.

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To help diagnose and treat **skin conditions** over the telephone you might be asked to send in your own images.

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***Please ONLY use this service if specifically asked by reception staff or clinician.***

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Please make sure your images are sent in at least **30 minutes** before your appointment. If you cannot take or send your photos yourself, please ask a close family or friend.

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*Note we are still seeing patients face-to-face if necessary.*

**Useful advice to follow to help improve the quality of your images:**

### FRAMING

“Please take at least one image from far away and one up close so we can tell what area of the body we are looking at”

### FLASH

“A flash can help produce a sharper image, but please don't use too close”

### SCALE

“It would be really helpful if you could include a scale such as a **ruler** or **coin** so we can determine what size”

### FOCUS

“Allow time for the camera to engage in auto-focus facility before taking the picture”



Please send images to: [dg.cairnsmore@nhs.scot](mailto:dg.cairnsmore@nhs.scot)

