

For Best Results from your Camera Phone:

Phone cameras need plenty of light.
Indoor photos do not capture fine detail and are often blurry or grainy.
This makes it difficult for your doctor to make a proper assessment for you.

There is an easy solution:
Step outside and use daylight.

An overcast day is ideal.
It's usually best to avoid direct sun as it creates harsh shadows.
If it is sunny, choose a shaded spot.

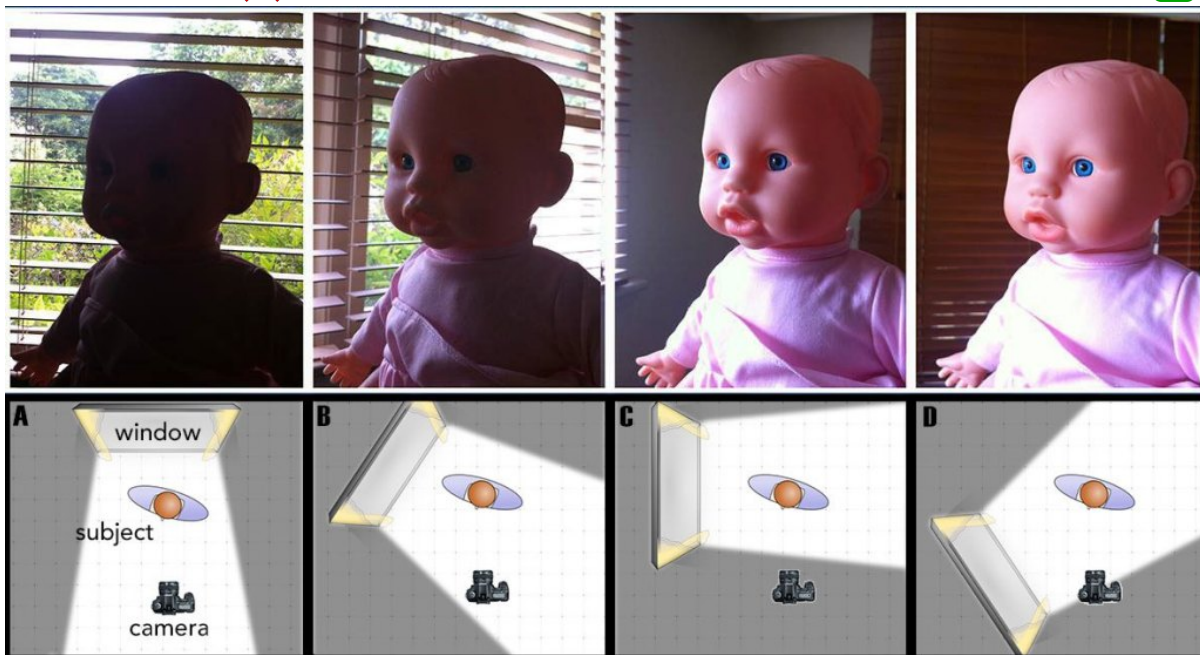
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What if I cannot be outside?

Then choose a room with lots of natural light.
Whatever you want to show should face towards the windows.
Make sure your phone is not pointing towards the window.

Avoid This ❌

Aim for This ✅



PS: These tips are also helpful for all your personal photography 😊