

## Taking a photograph of your wound

### Why you should take a photograph of your wound



#### Clinical reasons

- **A clinician (doctor/nurse/healthcare professional) may request a photo** to help them assess your wound more quickly and provide the right/most appropriate referral or treatment for you.
- **You may be asked to take a series of photos**, a record of how the wound changes, so they can monitor the progress of your wound.
- **Photos help with continuity of care** - if you need to see a different clinician.
- **A photo may help monitor if a wound deteriorating** - you may be referred to the right person or may receive treatment more quickly.



#### Personal reasons

- **Peace of mind** - having a photo or a series of photos can provide you with peace of mind.
- **Wound progression** - you can see progress and have a better understanding of what is happening with your wound.
- **More convenient** - it may also be more convenient as you may not need to travel to the clinic or surgery.



### How to get the best possible photo

- **Make sure it shows what the clinician needs to see** - the size of the wound, where it is, how it looks.
- **Make sure the wound is in the centre** of the photo.
- **Be aware of your background** - a plain and neutral background is the best choice.
- **Cover any sensitive areas** and be aware of what might be in the background.
- **Use natural light if possible**, try to avoid bright sunlight or bright lights as they can create shadows or make the wound look flat. If you have one, a net curtain can be useful to diffuse light.
- **Make sure the photo is in focus** and the wound is not blurred.
- **Ask someone else to do it** if you can't do it yourself.
- **Consistency is key**, if you're taking a series of photos over time try to use the same light source, in the same place and at the same time each day.



### Saving and sending photos

Only send photos in the way you have been asked to by your healthcare professional, with the date they were taken. If unsure, ask the healthcare professional requesting the photo.

Some devices save photos online (to the cloud). You may wish to store your healthcare photos separately to protect your privacy.

#### **REMEMBER:**

Any photo is better than no photo. Don't worry if it isn't perfect, just do your best!



## Five practical tips for taking a good photograph of your wound

Take a look at these hints and tips to help you to take a photo of your wound. The aim is for a clear photo that's in focus. Try to take future photos in the same room, with the same background and lighting to make it easier to see changes in your wound.

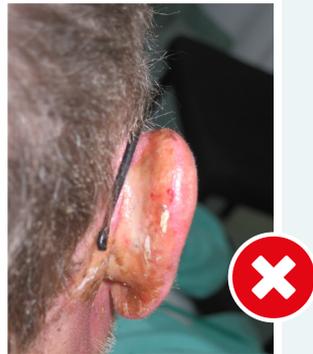
- 1 Keep the background clutter free** so that the wound is clear to see. A plain background is best with natural lighting where possible.



- 4 Take photos at different angles** to show any raised areas or how deep the wound is.



- 2 Move distracting items** such as jewellery so that the picture is focused on your wound.



- 5 Take photos far away and then close up.** Ideally, it would be clear where the wound is, particularly if you have more than one wound on your body.



- 3 Take the photo from directly above.**



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