

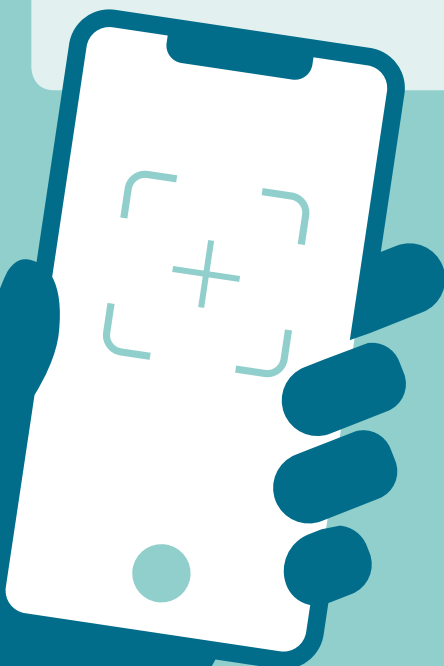
# Taking a photograph of your wound

Your doctor or nurse may ask you to take photographs of your wound to help monitor progress.



## 5 tips for taking a good photo

- ✓ Keep the background clutter free
- ✓ Move distracting items such as jewellery
- ✓ Take the photo from above
- ✓ Take photos at different angles too
- ✓ Take photos far away and then close up to help spot if a wound is getting worse



Ask your clinician for a leaflet explaining how to take a photograph of your wound.

Alternatively, scan the QR code or visit:

[nationalwoundcarestrategy.net/  
wound-care-patient-resources](https://nationalwoundcarestrategy.net/wound-care-patient-resources)

