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PATIENT & CAREGIVER EDUCATION

# How to Take Pictures of Your Breasts for Your Healthcare Provider

This information will help you take pictures of your breast(s) wound or incision (surgical cut) to show your healthcare provider. Sending clear pictures will help your healthcare provider see how you're healing or if there are any problems with the area. You may need to have someone help you take these pictures.

## Take Pictures from 5 Different Views

Take your pictures from 5 different views to help your healthcare provider see and understand the size of the area. Stand about 2 feet (0.6 meters) away from the camera for each picture.

### Picture 1

Face the camera. This picture should show the front of both breasts and include your shoulders down to your waist (see Figure 1).

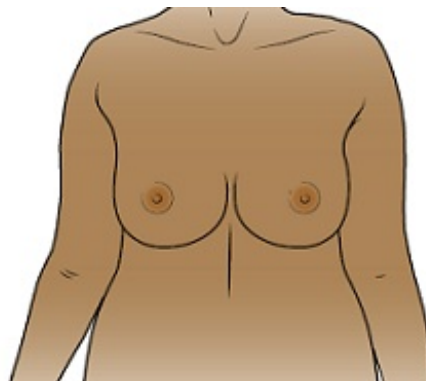


Figure 1. Picture of front of both breasts

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## Picture 2

This picture should show the left side of your body from the top of your shoulder down to your waist (see Figure 2).

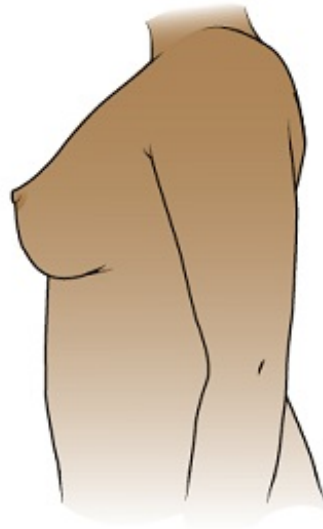


Figure 2. Picture of left side of your body

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## Picture 3

Turn your body slightly to the left so both your breasts are in the picture. This picture should include the left side of both breasts (see Figure 3).

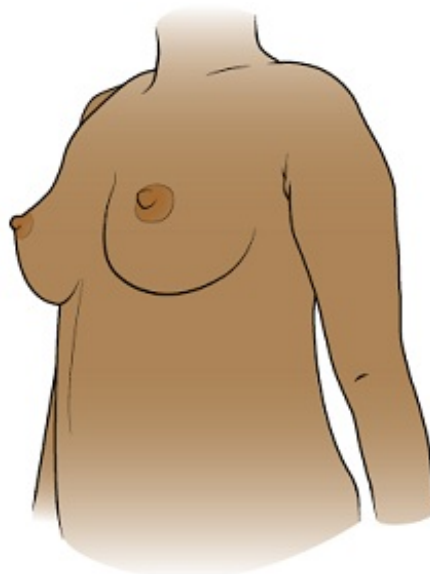


Figure 3. Picture of both breasts from the left

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## Picture 4

Turn your body slightly to the left so both your breasts are in the picture. This picture should include the right side of both breasts (see Figure 4).

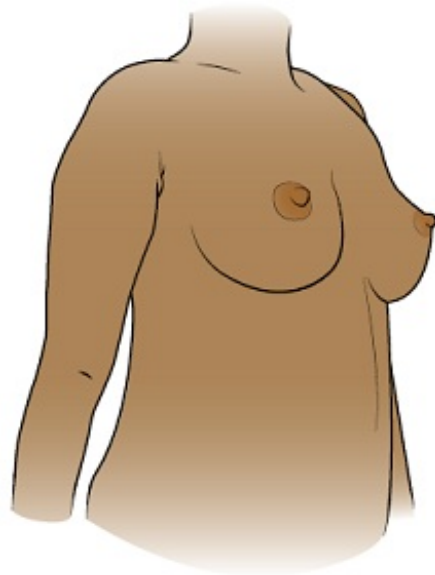


Figure 4. Picture of both breasts from the right

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## Picture 5

This picture should show the right side of your body from the top of your shoulder down to your waist (see Figure 5).

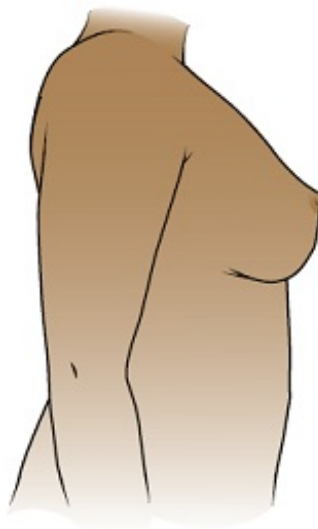


Figure 5. Picture of right side of your body

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# Tips for Taking Pictures

The tips in this section will help you take better pictures to share with your healthcare provider.

It's best to take the pictures in the same place with the same lighting and background each time. This helps your healthcare provider compare them to one another.

## Set up the background

Make sure there's no clutter in the background of your picture. A solid-color background will make your pictures clearer. If you don't have solid-color background, hang a solid-color bed sheet or cloth and use it as a background for your pictures.

## Plan the lighting

- Set up the tripod or camera stand, if you're using one.
- Turn on the flash on your camera. The flash will give you the light you need.
- Make sure light is shining directly on the area you're taking a picture of. If something is in the way of the light, it can cause shadows in the picture. Make sure there aren't any shadows on your breasts.

## Take the picture

- Point the camera directly at the area you're taking a picture of.
- Hold the camera still while taking the picture.
- If you're using your phone, look at the area you're taking a picture of on the screen. Tap the screen to make your camera focus.
- When you're ready, take the pictures. Remember to take all the views your healthcare provider asked for.
- Check each picture to make sure they're clear. If any of your pictures look blurry or don't show the right area, take that picture again. Don't edit the

picture.

## Send Your Pictures Using MyMSK

You can send your pictures to your healthcare provider using MyMSK (MSK's patient portal). To do this, follow the steps in this section.

1. Make sure your pictures are saved on your computer or phone.
2. Log onto your MyMSK account.
  - If you don't have a MyMSK account, visit [my.mskcc.org](https://my.mskcc.org), call 646-227-2593, or call your doctor's office for an enrollment ID to sign up. For more information, watch the video *How to Enroll in MyMSK: Memorial Sloan Kettering's Patient Portal* ([www.mskcc.org/pe/enroll\\_mymsk](https://www.mskcc.org/pe/enroll_mymsk)).
3. From your homepage, select "Messages." Select "Compose New Message."
4. From the Compose New Message page, select "General Office Communication."
5. Type in the name of your healthcare provider and choose a subject.
6. In the text box, write a message to your healthcare provider.
7. To attach your pictures, select "Add attachments" underneath the text box. Open the folder where your picture is saved and select your picture. Select "Open" button. Repeat this step for each of your pictures.
8. When your message is ready, select the "Send" button.

If you have any questions, contact a member of your healthcare team directly. If you're a patient at MSK and you need to reach a provider after 5:00 PM, during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](https://www.mskcc.org/pe) to search our virtual library.

How to Take Pictures of Your Breasts for Your Healthcare Provider - Last updated on October 14, 2021

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