

# ACMS Video Recording Tips

## Recording Tips

1. Check your frame rate – standard rates is 30 frames per second; 60 fps will result in a more “smooth” video.
2. Technical specifications should be 1080 HD or 4K. Newer smartphones (iPhones & Galaxy) should work well.
3. Consider using a microphone; poor quality audio will ruin an otherwise good video.
4. Do not shoot vertical - use landscape orientation (never portrait) to avoid having two vertical bars along the sides of the video.
5. Fill the frame with your subject.
6. Use a tripod.
7. Do NOT use digital zoom. Confirm that your device uses optical (telephoto) zoom before attempting to zoom in. Without it, get closer to the subject or use an add-on accessory.
8. Add lighting – consider getting a ring light or small external light source.
9. Pay attention to exposure and focus.
10. Limit slow motion recording.
11. Be mindful when selecting the recording location. Avoid patterns and stripes on the subject.
12. \*Consider [purchasing a moderately priced kit](#) prior to recording.

## Content Tips

1. Identify talking points that should be included; craft questions that will naturally include talking points in answers
2. Provide questions prior to recording
3. Consider the following topics
  - a. Talking points for Fellows
  - b. Talking points for practicing Mohs surgeons
  - c. Talking points for referring providers
  - d. Talking points for influencers

# Helpful Sites

[8 Tips on Recording Professional Video with Smartphone](#)

[Recording Tips](#)

[MotionCue](#)

[LumeCube Kit](#)

*Note: The American College of Mohs Surgery has no affiliation or relationship with the products or websites listed above.*