



HOW TO PREPARE

For your appointment

These steps are required to prepare for your thermography appointment. Following these steps exactly will provide the highest quality images during your session. I am so glad you are here!

How to Prepare

Here is how you prepare leading up to your session.

01

ONE MONTH PRIOR TO EXAM

- No minor breast surgery, i.e. biopsy.
- We may still perform testing after biopsy. Write this in your intake form.

01

ONE WEEK PRIOR TO EXAM

- Be cautious of too much sun exposure in order to avoid sunburn.
- Scans will have to be rescheduled if the patient has a sunburn of any sort.

48

48 HOURS PRIOR TO EXAM

- For best results, men should shave facial hair and excessive back hair.
- Avoid all tanning and limit sun exposure.

24

24 HOURS PRIOR TO EXAM

- Avoid chiropractic care, massage therapy, or acupuncture.
- No saunas, steam baths, hot tubs, heating pads, or hot water bottles.
- No analgesic creams or balms.
- Do not shave underarms (should be done prior).
- Please reschedule if you are feeling feverish or ill in any way.
- Refrain from sexual activity.

How to Prepare - Continued

DAY OF EXAM PREPARATION

Please inform Melissa if you have a hot flash or rapid temperature changes during the exam.

- Do not use creams, lotions, cosmetics, ointments, deodorant, antiperspirants, powders or any other skin product.
- Please bring a hair tie to remove hair from your forehead and back of neck.
- Remove all piercings and jewelry prior to exam, unless unable to.

04

FOUR HOURS PRIOR TO EXAM

- **Women - do not wear a bra for the 4 hours leading up to the exam**
- Avoid hot showers or shaving.
- Avoid physical therapy or exercise.
- No coffee, tea, soda, or other beverages containing caffeine. No alcoholic beverages.
- Do not smoke cigarettes or use any product which contains nicotine.
- Do not use a seat warmer.

2

TWO HOURS PRIOR TO EXAM

- Avoid hot or cold liquids.
- Avoid eating or chewing gum.
- Avoid using a cell phone to ear. You can still text, use the speaker, and GPS.
- Do not use a smart watch.