

Thermography Patient Preparation and Recommendations

Prior to the appointment, the patient must be advised:

- No breast surgery, chemotherapy or radiation treatments 3 months prior.
- No breast biopsy for one month prior.
- Lactation: Imaging is recommended if there is a problem or concern, but a baseline is not recommended for at least 3 months after the last active breastfeeding.

24 Hours Prior

- Avoid exercise or heavy physical activity.
- No massage or lymph treatments.
- No chiropractic adjustments.
- No saunas, steam bath or hot tub.
- No hot or cold packs.

Day of Exam:

- Avoid heavy makeup. Any oil-based products on the body will affect accurate detection by the camera.
- Avoid deodorant or creams on the skin, especially oils.
- Absolutely no heat lamps or sunburn. You will have to reschedule.
- Do not shave area to be imaged.
- For head imaging, do not eat for at least 2 hours before imaging and no chewing gum.
- No coffee or cigarettes for at least 2 hours before imaging.
- Avoid A/C in the car blowing directly on the patient. It takes hours for the body to equilibrate. This recommendation is vital during the summer.
- Patient must remove all jewelry in the area to be imaged.