



# THERMOGRAPHY PREP INSTRUCTIONS

## How Do You Prepare for Your Appointment?

There are activities and products that can affect the integrity of your thermal images. Please carefully review the following restrictions, **based on the region of the body that is being scanned**:

### Must Wait Three (3) Months After the Following:

- Any surgery in the area to be imaged, including biopsies and laparoscopies
- Ablation (heart, prostate, etc.) in the area to be imaged
- Steroid treatment, including shots and/or oral steroids like prednisone, etc.
- Radiation therapy in the area to be imaged
- Chemotherapy
- Post-lactation/weaning if having a breast scan
- Pregnancy
- Black salve in the area to be imaged
- Cryoablation (not cryotherapy; cryoablation is like a biopsy procedure) in the area to be imaged

### 1 Week Prior to Scan Avoid the Following:

- Sunburn, peeling skin, or tanning sessions
- Laser hair removal
- Chemical peels or botox

### 48 Hours Prior to Scan Avoid the Following:

- Facials
- Topical steroids

### 24 Hours Prior to Scan Avoid the Following:

- Various treatments: chiropractic, acupuncture, massage, TENS, physical therapy, electrical muscle stimulation, ultrasound, x-ray, sauna, hot yoga, hot or cold packs
- Remove medical adhesives (i.e. heart monitors, bandages if possible and healed enough)
- Shaving (i.e. underarms for breast scans, legs for full body scans)
  - **Exception:** Men need to shave (or buzz to short level) any facial or excessive body hair the day before scan, as the thermal imaging is obscured by hair. This needs to be done the day prior to your scan to allow any irritation to calm down before imaging takes place and then do not shave face or elsewhere on day of scan
- Massage therapists or other professions with repeated rubbing to an area being scanned: please schedule your appointment early in the day before work begins

### Day of Thermal Scan Avoid the Following:

- Any topical products: lotion, powder, oils (including essential oils), creams, deodorant or antiperspirant
- Wearing hair down (it is best to wear it up so the neck and facial regions can be cool)

- Seat warmers in your vehicle, unless it is wintertime – you can use them to get to a normal temperature, just remember to turn off when you feel any warmth so it is not excessive

#### 4 Hours Prior to Scan Avoid the Following:

- Strenuous exercise
- Caffeine
- Certain medications, such as those for arthritis or pain, that can reduce swelling and/or inflammation and may not give an accurate reading. *You must consult with the prescribing physician for their consent prior to any change in medication use such as this.*

#### 2 Hours Prior to Scan Avoid the Following:

- Smoking

#### 1 Hour Prior to Scan Avoid the Following:

- Bathing or showering
- Hot, cold, or spicy food and beverages – room temp is fine

## About the Visit – What You Can Expect

When you arrive, you will be taken to the thermography room and given a gown to change into. **For Full Body scans, you will need to remove all clothing and jewelry, including underwear if possible. For other scans, you will only need to remove clothing and jewelry for the area(s) being scanned.**

Next, the certified thermographer will create a comfortable, respectful environment where she guides you through the process of scanning the areas necessary, after you have removed the gown. This is all done either sitting or standing and without any contact to the body.

Once the scanning is complete, you will be able to get dressed and complete your checkout process. Your health history forms and thermal images are then sent to the board-certified thermologist who will interpret your images and send back your interpreted report for us to forward to you and your doctor.

The length of your appointment is determined by the number of regions being scanned and ranges from 15-50 minutes.

## Receiving Your Report

All reports include the written interpretation from the medical thermologist along with your thermal images. Reports are uploaded to your Client Portal within 7-10 business days. We offer an Urgent Fee of \$35 should you want your results within 24 hours (*48 hours for any mobile clinic location*); please note that urgent reports are not processed over weekends, so they may be uploaded on a Monday.

Once you have received your results, we recommend you schedule a complimentary Report Review, which is provided by phone. This is when the thermographer reviews your report with you and ensures you fully understand the results and receive recommended next steps. Many clients remark on how much value they receive during the Report Review and find it immensely helpful.