
Thermography Patient Preparation and Recommendations

Prior to 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.

One Week Prior:

- No tanning or sunburn.

24 Hours Prior:

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

Day of Exam:

- Do not shower within two hours of imaging. If showering same day, please take a luke-warm shower.
- 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.
- Do not shave area to be imaged.
- For head imaging, *do not eat or chew gum*, and avoid hot or cold liquids for at least 2 hours before imaging.
- 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.
- Women patients should arrive with hair put up in such a way that it is off the shoulders, neck, and forehead.