

Thermography Preparation Checklist

We are looking forward to meeting you at your appointment! Please follow the preparation protocol.

Prior to appointment, refrain from the following:

- Shaving or waxing 24 hours prior to appointment
- Lotions, deodorants, heavy/oil-based makeup, and essential oils the day of the appointment
- Long, hot showers or baths 4 hours prior to appointment
- Smoking, chewing, and vaping prior to your appointment
- Sunburn or Fever—must reschedule
- Chiropractic care, physical therapy, massage therapy, intense exercise, weight-lifting, or mammography--day of
- Wearing your cell phone on your body the day of the appointment
- Holding your cell phone to your ear for long calls 2 hours prior to appointment (use handsfree speaker option)
- Anti-inflammatory drugs that can mask symptoms 24 hours prior to appointment unless medically necessary
- Eating a large meal 3 hours prior to appointment
- Drinking, and chewing gum 1 hour prior to appointment
- Applying lip balm or lipstick 2 hours prior to appointment
- Vigorously brushing and flossing teeth or having dental work done the day of appointment
- Drinking coffee, tea, soda, or other caffeinated drinks 3 hours prior to appointment

****Please wait 3 months after breastfeeding or any breast surgery for breast scan***

Types of Thermography Appointments

Full Body—Most popular and highly recommended, this scan looks at the entire body from head to toe to collect the most information and allow for the best holistic look at your picture of health. The following are some of the areas scanned with a full body appointment: head, neck, mouth, thyroid, thymus, chest, breasts, back, abdomen, pelvic, lumbar, legs, arms, feet, hands, and anatomical views.

Half Body—This scan collects information from your head to your abdomen and includes head, neck, mouth, thyroid, thymus, chest, breasts, back, and abdomen.

Region of Interest—This scan looks at one specific area of the body. For example, thyroid, breast, or head.

***Initial Breast Scan:** The first time you have a thermography scan done for breast screening, regardless of whether it is a full, half, or region of interest scan, it is considered your baseline. It is then recommended that you come in 3 months following that initial scan to have the breast region scanned once more for a comparison. Breast malignancies generally double in cell size every three months, so while the first scan will provide a blueprint for what your body looks like, the follow-up breast scan three months later is done to mark any changes in your breast physiology and look for stability.

Day of Appointment

A typical appointment will start with a health history and conversation with the thermographer who will walk you through the different views that will be taken depending on your scan appointment type. You'll be given a gown to wear for the imaging and be asked to pull any long hair off the face and neck with a provided hair tie. You will be asked to reposition the gown when imaging requires as the camera needs to image bare skin. Keeping you comfortable is always our goal. When finished and redressed, the thermographer will show you the images and explain the process of receiving the doctor's report of findings. Reports typically are back to you within a week.