Thermography Preparation Sheet

Digital Infrared Thermal Imaging (Thermography)

Purpose of test: (Breast Health)

- Early detection of abnormal changes in the breasts requiring further diagnostic testing

Purpose of test: (Pain)

- Determine the cause of pain.
- Evaluate sensory-nerve irritation or significant soft-tissue injury.
- To define a previously diagnosed injury or condition.
- To identify an abnormal area for further diagnostic testing.
- For early detection of lesions.
- To monitor progress of healing and rehabilitation.
- To provide objective evidence.

Preparation for your appointment:

- **Do not** have physical therapy, electromyography, or PEMF on the same day, prior to thermography.
- **Do not** use a tanning booth and avoid overexposure to the sun for 1 day prior to your appointment.
- **Do not** have strenuous exercise for 1 day prior to your appointment.
- **Do not** smoke (for 2 hours prior).
- **Do not** shave your underarms, body or face.
- **Do not** use lotions, powders, anti-perspirants, or makeup.
- **Do not** have body waxing done for 1 week prior to appointment.
- **Do not** have acupuncture treatment within 24 hours prior to appointment.
- Wait **3 months** post-surgery, lactation or delivery, and **6 months** post radiation therapy to schedule an appointment.
- If your hair falls below your neck, you should wear it clipped or pinned up.
- Wear loose fitting clothes and no jewelry.
- No changes necessary for diet or medication.

General Information:

- Procedure is: non-invasive, no-contact, no radiation and FDA Approved.
- Disrobing – remove all (only upper body for breast scan) clothing and jewelry. Put on a gown or sarong (supplied). Inform your thermographer if you had any recent skin lesions on your body; the inflammation can cause a false positive result.
- All steps will be taken to preserve your modesty.
- Thermography is performed by a certified clinical thermographer and is completely private.
- Average time for the appointment is 30-60 min. for one or two body regions, 1 hour for half or full body.
- Checks preferred. Credit Cards & Cash accepted.
- **You are welcome to bring a companion to be present during the scan.**
- **Please bring Intake Forms available at www.naturallyunbridled.com/thermography**

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