

Guidelines Prior to Thermography Screening

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

24-Hours Prior to your Appointment

- 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

- Avoid heavy make-up. Oil based products on the body will affect accurate detection by the camera
- No hot showers within 4 hours of imaging
- Avoid deodorant or creams on the skin, especially oils
- No heat lamps or sunburn - you will have to reschedule
- Do not shave the area(s) to be imaged
- For head imaging, do not eat for at least 2 hours prior
- No gum chewing
- Avoid blowing A/C directly on you in the car