

Prep-Instructions-for-Infrared-Thermal-Imaging

Infrared thermal imaging is a safe way to evaluate temperature and vascular patterns. Therefore, in order to achieve the best results, you will need to avoid anything that could cause physiological influences such as caffeine, chemicals, and any physical therapies that could cause a temperature reaction.

(Example: NO caffeine within 3 hrs of your scan. If you really need your a.m. caffeine fix - just schedule an afternoon appointment)

Medical Procedures To Avoid:

Wait three (3) months after ANY invasive breast procedures such as biopsies, radiation treatments, or surgeries. You must NOT have had a fever or illness within thirty-six (72) hours of your thermal scan.

Avoid a mammogram, ultrasound, or physical examination of the breasts for at least three (3) days prior to your thermal scan. (if you're having on the same day, you must have your thermal scan first)

Physical Activities To Avoid:

Avoid ANY sunbathing (natural sunlight or artificial tanning lights) of your chest for three (3) days prior to your thermal scan.

Refrain from hot yoga, hot saunas, steam-rooms, hot or cold packs for at least twenty-four (24) hours.

Refrain from strenuous exercise, hot baths, and hot showers for (3) three hours prior to your thermal scan. (that is why we don't start scans until 10 a.m.)

Chemicals To Avoid:

Refrain from alcohol, tobacco, and any nicotine use for (3) three hours prior to your scan or you will need to reschedule your appointment.

Avoid the following medications for at least twelve (12) hours prior to your scan:
(with your doctors permission if necessary) Nitroglycerin, Niacin, ¹Niacin Patch (500+ milligrams) Migraine medications.

Personal Care Products:

Men & Women - Please refrain from using any powders or lotions on your skin that may cause irritation or inflammation. (Women especially in the breast area and underarms, and if you're breastfeeding please empty your breast milk at least 60 minutes before your scan).

Wear a "loose" light weight shirt. Women please don't wear fitted cotton tops or SPORTS bra's because they hold in heat. If you're doing a breast scan only, please wear top and bottoms so you can remove only your top. (Ex: no 1 piece sundress)

Food, Drink and Environmental:

Refrain from consuming ANY caffeinated beverages such as coffee, tea or any other caffeinated products. or alcohol, for four (3) hours prior to your thermal scan.

This may seem like a complicated lengthy list of conditions to avoid before your thermal imaging scan however, it's been determined that each of them has the potential to decrease the reliability of your results. If you compromise any one of these conditions, you will need to **contact us at-least 24 hrs in advance to reschedule** your appointment. We would rather reschedule you then have to redo your scan, and have you incur another full cost fee for another scan.

Easy to remember: 3+3+3

- **3 Hours** - NO heat, electrical or physical stimulation, no caffeine or chemicals in or on your body, and no shaving in areas to be scanned.
 - **3 Days** - NO sunbathing natural or artificial tanning lights. (Breast scans only - no mammograms or ultrasounds)
 - **3 Months** - NO surgeries or invasive procedures
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IMPORTANT NOTE:

If you have not received an email shortly after booking your appointment, or you have questions that are not covered here or on our website or YouTube channel, please send us a text message at (702) 825-3505 to receive a call back.

In order to keep our cost of services as low as possible, we don't pay anyone to answers calls while we're busy imaging, so all calls go to voicemail. We appreciate your understanding!