

BEFORE YOUR APPOINTMENT

Certain protocols need to be followed in order to ensure that your thermal images show accurate information. Thermal imaging detects your body's various temperatures to reflect possible inflammation, infections, and disease within the body.

BREAST THERMOGRAPHY ONLY (Not full body) The same protocols below apply except makeup can be worn. If you are nursing, please nurse as far from 1 hour prior to the exam as possible and avoid any type of stimulation heat to the breast before imaging.

- No prolonged sun exposure (sunbathing and sunburns) anywhere on the body areas to be imaged 5 days prior to your imaging/exam.
- No use of deodorants, lotions, oils, creams, powders, essential oils or facial makeup for "full body and upper body" scans on the day of your imaging/exam.
- No shaving, waxing or any-type of hair removal in the areas to be imaged on the day of your imaging/exam.
- No treatment (chiropractic, acupuncture, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use, sauna or steam room) or physical stimulation of the areas to be imaged for 24 hours before your imaging/exam.
- No exercise the day of your imaging/exam.
- No hot showers within 2 hours before imaging. No hot baths or salt soaks within 24hours prior to your imaging/exam.
- If you are taking any pain medications, please avoid taking them for 4 hours prior to the examination. **If it's a prescription, you must consult with the prescribing physician for their consent prior to any change in medication use.**
- You must wait at least 4 weeks after having a needle or core biopsy of the breast before a thermogram can be performed.
- You must wait at least 8 weeks after having a lumpectomy or surgical biopsy of the breast before a thermogram can be performed.
- If you have had any medical procedures within the last 3 months, please notify us 24 hrs. before coming in for your appointment.

PLEASE NOTE: For breast imaging you will disrobe (from the waist up) and put on a medical gown. For full and lower body imaging, your buttocks will be exposed during imaging. You will sit for 15 minutes in a temperature controlled room (70-73 degrees) in order to allow for your body to equilibrate with the room before imaging.

PLEASE fill out patient intake forms before arriving You can find all forms needed on our website @ www.safebreastimaging.com If you have any questions or concerns, please don't hesitate to contact our office @ 702-825-3505.