



Dental-Medical Thermography Scan Visit Preparation

How exciting! This is your **Day** of your Dental-Medical Thermography scan! Okay what will be super helpful in obtaining great Dental-Medical Thermography images is to help prepare your body care for this visit. Here are some helpful “To Do’s” for best DMT Scan outcome!

- Fasting 2 hours (water is okay) prior to imaging appointment helps provide for great stomach images
- Removing any heavy or oil-based face make-up body 1 hour prior-helps with imaging
- Try to keep use of deodorant or creams on the skin especially oils to a minimum
- If you just came from Hawaii with a huge “sunburn”, Yes best to reschedule
- Try not to shave same day in the areas being DMT scanned(hairy skin images great!)
- Do you like to chew gum? Chew all you want the day before your DMT Scan!
- I know it could be hard, but please try to limit coffee or cigarettes for at least 2 hours prior to your DMT Scan.
- We need A/C in the summer so just make sure the day of your DMT Scan you feel normal temperature and not freezing cold due to cold A/C inside your car coming for your DMT Scan visit
- Jewelry is fun to wear. For your DMT Scan please remove in the areas to be imaged
- Have you had any breast surgery, chemotherapy or radiation treatments in the last 6 weeks? Make sure to list in comments questionnaire section all about it
- Have you had a breast biopsy in the last month? Please make sure to list your experiences in the comments section of the questionnaire form
- Lactation: Imaging is recommended esp if wanting to check for a problem or concern

DAY BEFORE HELPFUL TIPS

- Exercise or heavy physical activity and sitting in Hot Tub feels, best to postpone
- Massage or lymph treatments are so nice, better wait until after your DMT Scan
- Visiting your chiropractor for adjustments-feels good..best wait until after DMT Scan