



What You Need To Know Before Your Thermography

1. Please be attentive to your Thermography time. This allows you the full time of your scheduled appointment and assists the Thermographer with their schedule. The Thermography itself does not take long, the more prepared you are, the more convenient it is for you to be in and out.
2. DO NOT have physical therapy, massage, electrical stimulation or a chiropractic adjustment 24 hours prior to your breast thermography appointment.
3. Do NOT exercise (even yoga) 24 hours prior to your thermography appointment.
4. Do not smoke two hours prior to the thermography.
5. Do not drink coffee or caffeinated beverages two hours prior to the test.
6. Do not put on any lotions the day of the test. Lotion can cause a temperature change. Deodorant and makeup are ok.
7. Do not be in direct sunlight 24 hours prior to your breast thermography, this includes tanning beds. You CANNOT be sunburnt at the time of your breast thermography.
8. It is not necessary to change your diet for the breast thermography.
9. Prescription medicines or nutritional support are ok.
10. Jewelry will need to come off for the thermography, so plan accordingly.
11. Your hair will need to be up and away from your neckline and face, bring your own hair-ties or clips; plan accordingly.
12. You may bring someone with you to the appointment, but you will go into the room by yourself. If you would need assistance, please discuss with the doctor or team.
13. Our team can answer most of your questions, remember the doctors will be discussing all results and any questions you may have at your follow-up consultation.