



## **What you need to know before your thermography**

Wear a loose-fitted shirt that can easily be unbuttoned or taken off for imaging.

**(Your shirt is removed for this service - 10 minutes)**

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 does not take long, the more prepared you are offers the convenience of being in and out.
2. Breast Thermography cannot be performed until 3 months after any breast surgery, biopsy, or the completion of chemotherapy or radiation treatments.
3. Breast Thermography cannot be performed during pregnancy or while breast feeding.
4. Do not have physical therapy, massage, electrical stimulation, or a chiropractic adjustment 24 hours prior to your breast thermography time.
5. Do not smoke prior to the thermography.
6. Do not put on any lotions the day of the test. Lotion can cause a temperature change. Deodorant is okay, and makeup is fine.
7. Do not be in direct sunlight 24 hours before your breast thermography, this includes tanning beds. (Cannot be sunburnt at the time of your breast thermography.)
8. It is not necessary to change your diet for the breast thermography.
9. Medicine or nutritional support is okay to take before breast thermography.
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, you can 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 doctor's will be discussing all results and any questions you may have at your follow-up consultation.

14. It is recommended not to have hot beverages 2 hours prior to your thermography.
15. Do not exercise 2 hours before your appointment.
16. Do not use car seat warmers prior to your breast thermography.