



## Patient Preparation Protocols for Thermal Imaging

Thermal imaging is a heat sensitive test. Anything that creates heat should be avoided prior to testing. Excessive metabolic activity, friction, or any of the activities listed below will alter heat readings. The following preparation protocols must be followed prior to your Thermography Screening appointment:

### 1 Month Prior:

- No minor breast surgery, i.e. biopsy.
- We may still perform testing after biopsy. Write this in your intake form. We will advise.

### 1 Week Prior:

- Be cautious of too much sun exposure in order to avoid sunburn.
- Scans will have to be rescheduled if the patient has a sunburn of any sort.

### 48 Hours Prior:

- Shave armpits. Shaving legs is optional but encouraged if this is an area of concern. Shaving of pubic hair is optional but encouraged if this is an area of concern. This must be done 48 hours prior to your screening and no closer to your screening date.
- For best results, men should shave facial hair and excessive back hair. This must be done 48 hours prior to your screening and no closer to your screening date.
- Avoid all tanning and limit sun exposure.

### 24 Hours Prior:

- Refrain from chiropractic care, massage therapy, acupuncture, or other bodywork.
- Refrain from intense muscle workout. Walking, running, biking or light aerobics is fine, but avoid weight training until after your screening.
- Refrain from sexual activity.
- No saunas, steam baths, hot tubs, heating pads, heating blankets, seat warmer, or hot water bottles.
- No analgesic creams or balms.
- No essential oils.
- Do not shave. This includes not shaving underarms or legs (shaving should be done 48 hours prior to your screening date).
- Please reschedule if you are feeling feverish or ill in any way. Call us right away: 336-288-4677



## Day of Thermography Screening:

- Do not use creams, lotions, cosmetics, essential oils, ointments, deodorant, antiperspirants, powders or any other skin product.
- Please bring a hair tie or hair clips to remove hair from your forehead and back of neck.
- Remove all piercings and jewelry prior to exam, unless unable to.
- Avoid hot showers. DO NOT shave. If you do shower, have a cool shower (not warm or hot). DO NOT apply anything else to your skin or face after the shower.

## 4 Hours prior:

- **Women - do not wear a bra for at least 4 hours leading up to the exam**
- Avoid physical therapy or exercise completely.
- No coffee, tea, soda, or other beverages containing caffeine. No alcoholic beverages.
- Do not smoke cigarettes or use any product that contains nicotine.
- Do not use a seat warmer/cooler.

## 2 Hours prior:

- Avoid hot or cold liquids.
- Refrain from eating or chewing gum.
- Make sure all jewelry is removed from the body.
- Avoid using a cell phone to the ear. You are permitted to use text, speaker phone, and GPS.
- Do not use a smart watch.

## Prior to and During Exam:

- Please inform us if you have a hot flash during your screening session.
- Try to relax prior to and during the screening. Stress will affect your screening results.

## ▷▷ **Reminder of our Reschedule & Cancellation Policy:**

We require at least 24 hours notice if you need to reschedule or cancel an appointment. If a client fails to cancel within 24 hours, they will be asked to pay in full the amount of this missed appointment, and use it as a pre-payment for future services. An additional late/missed appointment charge of \$75 will be assessed. **Cancellation and reschedule requests must be received via phone or email: 336- 288-4677 or [staff@triadhealthcenter.com](mailto:staff@triadhealthcenter.com).**

## ▷▷ **Reminder of our No Show Policy:**

Clients who fail to show for appointments will be asked to pre-pay for future services and an additional missed appointment charge of \$75 will be assessed.