



Patient Instructions Before Thermogram

- *Avoid strong sunlight exposure the day of and sunburn in the days preceding your appointment
- *No massage, chiropractic adjustments, acupuncture, physical therapy, infra-red saunas the day of your scan
- *Avoid the application of creams, liniments, oils, or lotions, including but not limited to perfume and cologne
- *No smoking for a minimum of 2 hours prior to your scan
- *No vigorous exercise 2 hours prior to your scan
- *Remove all jewelry and earrings
- *Long hair should be worn up
- *It is very important to wear loose fitting clothing. The thermography scan will be delayed until irritation marks in the skin caused by tightly fitting garments have dissipated
- *Deodorant and make up ARE permitted