

# Protocols for Thermal Imaging

Revision 1.5 - October 2022

## Patient Preparation:

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 which will alter heat readings.

---

### 1 Month Prior:

- No minor breast surgery, i.e. biopsy.
- We may still perform testing after biopsy. Write this in your intake form.
- Patients MUST wait a ***minimum*** of 4-6 weeks post CoolSculpting procedures BEFORE having thermal imaging.
- Patients should wait **6 weeks** after Cupping BEFORE having thermal imaging.

### 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:

- For best results, men should shave facial hair and excessive back hair.
- Avoid all tanning and limit sun exposure.

### 24 Hours Prior:

- Avoid chiropractic care, massage therapy, or acupuncture.
  - No saunas, steam baths, hot tubs, heating pads, or hot water bottles.
  - No analgesic creams or balms.
  - Do not shave underarms (should be done prior).
  - Please reschedule if you are feeling feverish or ill in any way.
  - Refrain from sexual activity.
- 

### Day of Exam:

- Do not use creams, lotions, cosmetics, ointments, deodorant, antiperspirants, powders or any other skin product.
- Please bring a hair tie to remove hair from your forehead and back of neck.
- Remove all piercings and jewelry prior to exam, unless unable to.

### 4 hours prior:

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

### 2 hours prior:

- Avoid hot or cold liquids.
- Avoid eating or chewing gum.
- Avoid using a cell phone to ear. You can still text, use the speaker, and GPS.
- Do not use a smart watch.

### Prior to and During Exam:

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