

# Thermography

## Patient Screening Preparation

In order to get the best possible examination, free of artifact, the following are **STRONGLY** recommended.

- No prolonged sun exposure (especially sunburn) to the breasts 5 days prior to your exam.
- No use of lotions, creams, powders, or makeup on the breasts the day of the exam.
- No shaving or other hair removal of the areas to be imaged the day of the exam.
- No use of deodorants or antiperspirants the day of your exam.
- No physical stimulation or treatment of the breasts, chest, neck, or back for 24 hours before the exam (no chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use).
- No exercise 4 hours prior to your exam.
- No tobacco use, caffeinated soda, coffee, or tea 2 hours prior to exam.

