

Prescreening Instructions

How to Prepare for Thermography Prescreening

1 week before your appointment please AVOID:

- Major sunburns in the areas to be imaged

24 hours before your appointment please AVOID:

- Heavy exercise that will lead to soreness
- Acupuncture, massage, or chiropractic that may leave marks on the skin or local inflammation
- Sauna or steam rooms that may lead to elevated body temperature

On the day of your scan, please AVOID:

- Strenuous exercise
- Shaving in the areas to be imaged (avoid irritation/cutting)
- Using excessive lotions, powders, anti-perspirants, or very thick/heavy makeup in the areas that will be imaged (normal application of these items are acceptable)
- Sun exposure (excessive) or tanning booths
- Kidney dialysis
- Skin brushing/Dry brushing

2 hours prior to your scan, please AVOID:

- Very hot or very cold showers – normal showers are okay
- Smoking
- Heated seats, electric blankets, or other heating/cooling devices that may alter body temperatures

What to Wear

- Please try to avoid wearing very tight clothing that will leave marks on your skin.
 - If you have irritation marks from tight fitting clothing, we will have to wait until the marks have dissipated prior to starting your thermogram.
- Jewelry will be removed for the scan – you may remove them in our office prior to imaging or (best) leave them at home
- Please wear your hair pulled back or pinned up.
 - For a breast scan, no hair can be touching your shoulders
 - For half body or full body scans, all hair needs to be pulled out of the face and up off the neck.
 - We have headbands, clips, and hair ties in the office and can assist you if needed.

No changes to diet or medication are necessary prior to your thermogram

- Please continue to take all necessary medications as prescribed by your physician
- If you are able to avoid anti-inflammatory use prior to your scan this is preferred; however, if taken please make sure you let the thermographer know
- If you have received a vaccine in the last 4 weeks, please relay this to your thermographer, including which arm the vaccine was received

You MUST wait 3 months after completing the following before having a thermogram:

- You've had a major breast surgery (mastectomy, lumpectomy, breast implants, etc)
- You are have or are currently undergoing chemotherapy or radiation
- You are pregnant
- You are breastfeeding a child

You MUST wait 1 month after completing the following before having a thermogram:

- Breast biopsy
- Minor surgery in imaging area (ie mole removal)

Cancelation Policy:

Please note that once you have booked an appointment with us it means that we have reserved time in our schedule exclusively for you. Please understand that appointment times are limited. If you cancel your appointment less than 24 hours before it is scheduled to take place, this will result in a cancellation fee equal to the cost of the booked service. Due to the distance that we often travel to provide service at our remote clinics, your advanced notice is greatly appreciated as it guarantees that we can properly plan our staffing, materials, and travel time. Please call or email Perspective Thermography (773-550-4705 or info@perspectivethermography.com) as soon as you know you will not be able to make your appointment.