



## **The Thermogram Center**

*Thermal Imaging of the Breast & Body*

Breast Health Education Group  
**Better Breast Health – for Life!™**

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## **Pre-Appointment Instruction Sheet**

### Five (5) days prior to imaging:

- No sunburns on the body areas that will be imaged with five (5) days prior to imaging.

### Three (3) days prior to imaging:

- For males with dense chest hair who are undergoing breast imaging, please shave the chest, and under arms three (3) days prior to the day of imaging.

### Twenty four (24) hours prior to imaging:

- No treatment (chiropractic, acupuncture, muscular massage, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot, or cold pack use), or physical stimulation of the areas to be imaged for twenty four (24) hours before imaging.
- No physical stimulation of the breasts for twenty four (24) hours before imaging. This includes intimacy involving contact with a partner.
- **No exercise**, or shaving **on the day of imaging**. (Exercise after imaging is okay).
- If you are using pain medications, please avoid taking them for four (4) hours prior to imaging. **Please, remember that you must consult with the prescribing physician for his or her consent prior to any change in medication use.** Please, contact us with any questions, concerns, or conflicts.
- No smoking for at least two (2) hours prior to imaging.
- No bathing within one (1) hour prior to imaging. **YOU MUST wash off any deodorants, lotions, creams, powders, or (FACE) makeup on the area(s) to be imaged at least one (1) hour prior to imaging.** Breast imaging includes the underarms!
- If you are nursing, please try not to nurse within the hour prior to imaging.
- Please don't drive to your appointment with a window down and an arm resting on the car door/out the window on a sunny day.

**For women/men with hair longer than shoulder length: Please bring hair accessories to keep the hair off of the neck, chest, and shoulders.**

### **For Breast Imaging:**

Please allow two (2) weeks following needle biopsies, and at least six (6) weeks following surgery, including lumpectomy, or core biopsy, before imaging. **If you wear a dress, or a one piece outfit to our office**, please bring a pair of pants or shorts for breast imaging.

### **For Organ Series Imaging:**

Please bring hair accessories to keep the hair off the forehead, face, and back of neck. Your face needs to be free of makeup, lotions, creams, lipstick/lipgloss, etc. Feel free to wear/bring pants with an elastic waist, as they need to be worn very low on the hips for imaging.

Please feel free to bring a friend(s) or family member(s) with you.

As always, feel free to call 303-664-1139 or 866-492-2174 with questions.