

## How to prep for Digital Thermal Imaging

**\*The following protocols are essential to be followed in order to ensure an accurate scan:**

**3 months prior:** you must wait 3 months after pregnancy, breast feeding, breast surgery of any kind, completion of chemo or radiation. You must wait 2 weeks after vaccination of there are no symptoms or 3 months if there are.

**48 hour prior:** Avoid all tanning, sun exposure and this is the last day to shave areas being scanned

**24 hours prior:** No chiropractic, acupuncture, therapy, TENS, sauna, hot or cold pack use or massage

### **Day of exam**

- Bring your fully completed paperwork to your appointment or you will be rescheduled
- No smoking, coffee, alcohol or spicy food 2 hours prior to scan
- No vigorous exercise, hot/steam baths or showers 2 hours prior to scan
- No sun exposure or tanning booth exposure; No sunburns or you will need to reschedule
- Do not use direct heat, A/C or the carseat heater on the way to your scan
- No perfume, powder, lotion, oil or gel on the skin
- No make-up or deodorant
- Do not shave any areas to be scanned including underarms, legs and face and no dry brushing
- Remove all jewelry
- Check your body for bruises, cuts or other lesions & make note to tell the thermographer the location
- Wear loose-fitting clothing; no bra, if possible
- Hair must be up away from the face, ears and neck (we will provide hair accessories, if needed)
- No gum chewing
- Be at least 5 minutes early for your appointment, so you are not rushing and your body can acclimate to the temperature of the room
- Please bring cash, check or money order for payment payable to Frisina Possibilities; no other forms of payment will be accepted.

### **Once you arrive for your scan:**

- No crossing legs, No scratching, rubbing or itching the skin
- You will change into a gown and disrobe the area being scanned only at the time that body part is being imaged. Each body area will be done separately, so all other body areas will be covered. Your buttocks may be exposed, so wearing a thong or jock strap is recommended.
- Sit and relax



**Digital Infrared Thermal Imaging**

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