

Pre-Scan Instructions for your Breast Thermal Imaging appointment

- **It is best to wear loose fitting clothing to your appointment.**
 - **You should avoid shaving under arms the day before your scan.**
 - **You should avoid caffeine and nicotine at least 4 hours prior to your scan.**
 - **You should avoid strenuous exercise, chiropractic therapy, massage, and acupuncture the day of prior to your scan.**
 - **Please avoid the use of lotions, creams, powders on the skin to be imaged the day of your scan**
 - **Please inform your Thermography Technician about any recent skin lesions or bruising, Rosacea or any other skin disorders in the area to be imaged**
 - **You should avoid any aspirin or ibuprofen, and please advise technician if you have taken any necessary medications, such as blood pressure or heart medications.**
 - **You should avoid tanning 24 hours prior to your scan.**
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- **You must wait at least 3 months after major breast surgery, completion of chemotherapy, or radiation before a thermal exam.**
 - **You must wait at least one month after a biopsy or minor surgery in the area to be imaged.**

Thank you, and I look forward to meeting you at your scheduled appointment with Thrive Natural Medicine.

Yours in Health,

Connie Cumming

Illuminate Imaging Clinical Thermography