

Thermo-Tech Inc

Preparation for Breast and Full Body Thermography

1. Avoid ingesting caffeine especially coffee for 2 hours before screening as it can diminish the vascular-like features that are needed for a comprehensive report.
2. Avoid antiperspirant the day of the screening as it suppresses the lymphatic system.
3. Avoid hormone cream in the screening site as it will alter the screening.
4. Avoid electronic equipment or anti-electronic equipment or jewelry on your body for two hours before screening.
5. Avoid extreme exercise like running or saunas for three hours before screening as it will elevate your temperature.
6. Avoid getting acupuncture or deep body work in the area being screened as it will appear as a burse or inflamed area giving a false positive. So for the breast anywhere on the upper body and for the full body avoid entirely as images used in full body screening cover head to toe and front to back.
7. Do not get sunburned.
8. Do not have a new tattoo in the area being screened.
9. Wait for two to three weeks after a mammogram or until bruising if any is gone as both the radiation and the compression will appear as an inflammation and disrupt the reading.
10. Wait for two to four month after a surgical procedure on the site of the screening or until there is no more bruising or tenderness.

If you have any questions feel free to contact the office at the number below.