Patient Guidelines for Thermography

* Clothing: Wear loose, non-binding, comfortable clothing. Patient will disrobe and remove all jewelry for the scan. A medical gown will be provided for your comfort.
* Hair: Needs to be secured above face and neck.
* Body: Do NOT use lotion, oil, cream, powder, deodorant, perfume or body spray on body areas to be scanned. Do not smoke, exercise or consume caffeine for 2 hours prior to scan. Avoid sun exposure on day of scan. Do NOT drink hot or cold beverages 15 minutes prior to the scan.
* Inform Thermographer of any skin lesions on the area to be scanned, as this inflammation may cause a false positive result.
* Diet and Medicine: No change necessary.
* Therapy: Do NOT have physical therapy, massage, chiropractic adjustment or electromyography on the day of the scan (prior to the test).
* Bring all completed paperwork to the appointment.