



Thermography Pre-Imaging Instructions

Welcome to the thermography center at Mountain Acupuncture. Before you arrive for your thermogram, certain protocols must be followed, in order to ensure that your images reflect accurate information. Please read the following instructions and adhere to them carefully.

- No prolonged sun exposure (especially sunburn) to the body areas being imaged **5 days** prior to the exam.
 - No treatment (chiropractic, acupuncture, TENS, physical therapy, electrical muscle stimulation, ultrasound, hot or cold pack use) or physical stimulation of the areas to be imaged for **24 hours** before the exam.
 - No use of deodorants, lotions, creams, powders, or makeup (no facial makeup for full body or upper body scans) the **day of the exam**.
 - No shaving of the areas to be imaged the **day of the exam**.
 - No exercise **4 hours** prior to the exam.
 - If you are using pain medications, please avoid taking them for **4 hours** prior to the examination. *You must consult with the prescribing physician for his or her consent prior to any change in medication use such as this.*
 - No bathing **1 hour** before the exam.
 - You must wait at least **4 weeks** after having a fine needle or core biopsy of the breast before a thermogram can be performed.
 - You must wait at least **8 weeks** after having a lumpectomy or surgical biopsy of the breast before a thermogram can be performed.
 - If you have had any surgical procedure within the last **12 weeks**, please notify our office before coming in for your appointment.
- If you are scheduled for a breast thermogram, the same protocols above apply, along with no physical stimulation of the breasts for **24 hours** before the exam. If you are nursing, please try to nurse as far from **1 hour** prior to the exam as possible.

Please note: during the examination, you will be disrobed (from the waist up for breast exams, and buttocks exposed for lower body exams) both for imaging and also to allow for the surface temperature of the body to equilibrate with the room.

If you have any questions, please contact our office at (505) 428-0114.

We look forward to meeting you.