

Pre-Thermographic Imaging Instructions

Welcome to The Cometa Wellness Center!

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 **strictly adhere** to them.

- **No** sun bathing (including tanning beds) of the area to be imaged 5 days prior to the imaging.
- **No use of** lotions, creams, powders or makeup on the area of the body being imaged the day of the imaging.

For upper body imaging, **no** deodorants or antiperspirants are to be used.

- **No** shaving or hair removal to be done the morning of imaging. May be done the night before.
- **No** physical therapy, TENS, ultrasound treatment, electrical stimulation, chiropractic, massage therapy, physical stimulation, hot or cold pack use for 24 hours prior to imaging.
- **No** exercise 4 hours prior to the imaging.
- Bathing or showering **must be done at least 4 hours** prior to imaging.
- If not contraindicated by the patient's doctor, avoid the use of pain medications and vasoactive drugs the day of imaging. The patient must consult with their doctor before changing the use of any medications.
- For breast imaging if patient is nursing, they should try to nurse as far from 1 hour prior to the imaging as possible.

You will be disrobed during the imaging to allow the surface temperature of the body to equilibrate with the room. A female thermographer will be performing all of your imaging.

Thank you for choosing our Center, and we look forward to seeing you!