



thermography
clinic inc.

Georgian Bay~Simcoe

Tel: 705-44-9745

Pre-Imaging Instructions

To ensure the accuracy of your thermal images, please:

- Do not wear restrictive clothing such as a bra to the exam
- No prolonged sun exposure (especially sunburn) to the breasts 5 days prior to your exam.
- No use of lotions, creams, powders, or makeup on the breasts the day of the exam.
- No use of deodorants or antiperspirants the day of your exam.
- No physical stimulation or treatment of the breasts for 24 hours before the exam.
- No exercise 4 hours prior to your exam.
- No shaving on the day of the exam to avoid skin abrasions.
- If bathing, it must be no closer than 1 hour before the exam. If you are nursing, please try to nurse as far from 1 hour before the exam as possible.

Please bring:

- Completed In-Take Forms
- Most recent Mammography, Ultrasound, or other pertinent Reports to your appointment

Please note:

During the examination you will disrobe from the waist up to allow for the surface temperature of the body to acclimatize to the room's temperature.

A female technician will take your images.

Surgical procedures such as implants, reductions, and biopsies do not interfere with infrared imaging. Breast infrared imaging is perfectly safe to have during pregnancy or when nursing.

If you have any further questions, please feel contact our office at 705-444-9745 or sharon@thermography-gbs.com