

Protocols for Thermal Imaging

Revision 1.5 January 6th, 2026

Patient Preparation:

Thermal imaging is a heat sensitive test. Anything that creates heat should be avoided prior to testing.

Excessive metabolic activity, friction, or any of the activities listed below which will alter heat readings.

1 Month Prior:

- No minor breast surgery, i.e. biopsy.
- We may still perform testing after biopsy. Write this in your intake form.
- No Botox, please allow at least a 30 day window between any Botox treatment and your thermography screening

1 Week Prior:

- Be cautious of too much sun exposure in order to avoid sunburn.
- Scans will have to be rescheduled if the patient has a sunburn of any sort.

48 Hours Prior:

- For best results, men should shave facial hair and excessive back hair.
- Avoid all tanning and limit sun exposure.

24 Hours Prior:

- Avoid chiropractic care, massage therapy, acupuncture, dental appointments, physical therapy, ultrasound, dry needling, moxibustion, occupational therapy, the use of TENS or electric muscle stimulations units, laser therapy, or ozone therapy.
- No saunas, steam baths, hot tubs, heating pads, or hot water bottles.
- No analgesic creams or balms.
- Do not shave underarms (should be done prior).
- Please reschedule if you are feeling feverish or ill in any way.
- Refrain from sexual activity.
- Do not wear external breast prosthesis for at least 12 hours prior to the examination.

Day of Exam:

- Do not use makeup, creams, lotions, oils, cosmetics, ointments, deodorant, antiperspirants, powders or any other skin product on the day of your screening.
- Please bring a hair tie to remove hair from your forehead and back of neck.
- Remove all piercings and jewelry prior to exam, unless unable to.

4 hours prior:

- Women - do not wear a bra for the 4 hours leading up to the exam
- Avoid hot showers or shaving.
- Avoid physical therapy or exercise.
- No coffee, tea, soda, or other beverages containing caffeine. No alcoholic beverages.
- Do not smoke cigarettes or use any product which contains nicotine.
- Do not use a seat warmer.
- If not contraindicated by your doctor, avoid taking pain medications or vasoactive drugs.

Protocols continued on next page...

2 hours prior:

- Avoid hot or cold liquids.
- Avoid eating or chewing gum.
- Avoid using a cell phone to ear. You can still text, use the speaker, and GPS.
- Do not use a smart watch.

Prior to and During Exam:

- For breast imaging, do not nurse sooner than 1 hour before the examination and leave as much time as possible. Identify the last breast nursed and the breast most favored.
- Please inform us if you have a hot flash during the session. Try to relax prior to and during the exam. Stress will affect your exam.