

Before a thermography scan, avoid activities that can affect skin temperature or create inflammation, as this can interfere with accurate readings.

AVOID:

- **Exercise and Physical Activity:**

Heavy exercise or strenuous workouts should be avoided for at least 24 hours before your scan.

- **Massage and Therapies:**

Massage, physical therapy, acupuncture, and other treatments that can affect skin temperature should be avoided on the day of the scan.

- **Saunas and Hot/Cold Showers:**

Avoid saunas, hot tubs, and hot or cold showers for at least four hours before the scan.

- **Smoking:**

Do not smoke for at least two hours before the scan.

- **Topical Products:**

Do not use lotions, deodorants, antiperspirants, or powders on the areas being imaged on the day of the exam.

- **Sun Exposure:**

Avoid excessive sun exposure to the point of burning for at least a week before the scan.

- **Medications:**

Consult with your doctor before discontinuing any medications but avoid pain medications and vasoactive drugs on the day of the exam if your doctor approves.

- **Shaving:**

If shaving is necessary, do it the night before the scan, not on the day of the exam.

- **Breast Procedures:**

Wait at least 3 months after major breast surgery, chemotherapy, or radiation before getting a breast scan.