

**An appointment for a thermographic examination can be made if you have not undergone surgery or a biopsy in the past three months.**

**Preparation for thermographic examination:**



For the reliability of the exam, it is very important to follow up the following points:  
If this is not possible for any reason, please let us know.

**In the 2 days prior to the thermographic exam:**

- No sunbathing, do not go into steam bath or sauna, no solarium; (do not use any infrared radiation).

**The day before the thermographic exam:**

- No massage / osteopathy / acupuncture / lymphatic drainage etc.
- Do not use ice packs, heating plasters or cooling / warming ointments / sprays.
- No heavy sports training.
- Avoid heavy meals.

**On the day of the thermographic exam:**

- Remove rings / jewelry / necklace, piercing.
- Do not apply ointments, sprays or oils on the skin.
- Avoid heavy make-up, oil-containing products on the skin, this affects the measurement.
- Avoid heavy exercise.
- Do not shave!
- Do not wear tight fitting clothes (do not wear a bra).

**3 hours prior to the examination:**

- Do not take a warm bath.
- Do not smoke.
- No gum chewing, alcoholic drinks, tea/coffee (and other drinks with caffeine, like cola/red bull).
- Do not call with the Phone on the ear.
- If it is sunny weather; do not drive with the car window open!!
- When using the blower in the car, do not focus it directly on the body!

**Important:**

- It may be around 23 C in the building, keep this in mind, especially in the winter, so that you can wear several layers of clothing which can be taken off if you get too warm in the waiting room, avoid sweating!
- Do not wash your hands with cold water just before the examination, e.g. after using the toilet better to use baby wipes alcohol free to cleanse hands before your thermography exam.

**During Examination:**

- Don't Scratch or put your hands on your body.
- Swimming caps and no glasses.
- Hugging pic in full body examination, the upper arm should be the painful one otherwise it's advised to place the dominant upper limb above.

If you have any questions, please let us know!