



# THE ROSE CLINIC

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## Preparation Guidelines for Digital Infrared Thermal Imaging

To ensure accurate and reliable results, please follow these preparation guidelines carefully:

- Avoid applying lotions, creams, oils, or deodorants to the area being imaged for at least 24 hours prior to your appointment.
  - Do not engage in strenuous exercise for at least 4–6 hours before your scan.
  - Avoid sun exposure, tanning beds, saunas, or hot baths for at least 24 hours before your appointment.
  - Refrain from consuming caffeine, nicotine, or alcohol for at least 2–4 hours prior to the scan.
  - Do not shave the area being examined within 24 hours of the procedure.
  - Wear loose, comfortable clothing to your appointment.
  - Remove all jewellery from the area being imaged.
  - If you are feeling unwell (fever, infection, inflammation), please reschedule your appointment.
  - Arrive 10–15 minutes early to allow your body temperature to acclimatise.
  - Follow any additional instructions provided by your clinician.
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**The Rose Clinic**  
Chiropractic & Thermography  
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