THE ROSE CLINIC

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 before 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 before 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 with a fever, infection or 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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Chiropractic • Thermography • PEMF

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