



WHOLISTIC
Thermography

Patient Prep for Full Body or Upper Body Appointment

FULL BODY OR REGION OF INTEREST HEALTH SCREENING WITH
DIGITAL INFRARED THERMAL IMAGING/THERMOGRAPHY

Purpose of Test

- Determine the cause of pain in the body
- Evaluate sensory-nerve irritation or significant soft-tissue injury
- Define a previously diagnosed injury or condition
- Identify an abnormal area for further diagnostic testing
- Early detection of lesions
- Monitor progress of healing or rehabilitation
- Provide objective evidence for concerns or symptoms

Important Patient Prep

Once you have established a date and time for your appt, please adhere to the following:
(This helps prevent unrelated inflammation from skewing your reading.)

- Three days out from appointment: please avoid acupuncture treatments, and tanning (sun or booth).
- Within 24-hours of your appointment: Please avoid any of the following: Massage therapy, physical therapy, chiropractic care, strenuous exercise/weight lifting, heat therapies (ie. Biomat, sauna).
- The day of: avoid extremely hot or cold beverages and smoking within 2-hours of appointment
- If you'd like to shave your underarms or legs, please do so at least 24-hours before your appointment
- The day of: Please do not apply any makeup of face and neck, nor any deodorant, lotions, powders, oils on the body.
- Please wait 3 months post surgery or 6 months post radiation therapy to schedule an appointment.



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General Information About Your Appointment

- There are no dietary changes required.
- Please take medications and supplements as usual.
- Please remove jewelry.
- If your hair covers your neck, wear it pinned or clipped up; hair ties will be available if needed.
- Wear loose fitting clothing and ALL clients please wear underwear.
- **Upper Body Assessment:** you will disrobe and place a lightweight sarong around your shoulders for the initial intake. (Sarong is not necessary for men.)
- **Full Body Assessment:** you will disrobe to underwear, keeping a light sarong around your shoulders for the initial intake. (Sarong is not necessary for men.)

Further details

- This assessment is a non-invasive, no contact, no radiation, and FDA Registered procedure.
- There are no risks or side effects.
- Average first time appt is 75-90 min.
- This procedure is performed by a female Certified Clinical Thermographer and in a private setting.
- Appointments set after the first one will take approximately 45-60 min for upper to full body and 30 min for breast appts.
- Please include your Healthcare Provider's name and address on your Intake Form if you want a copy mailed to him/her.
- We accept cash, check, Credit Cards for payment. (CCs and PayPal will require a 4% convenience fee.)
- You are welcome to bring someone with you to be present during the scan.
- If you have any recent skin lesions on the body, please inform the Thermographer as this can alter the result.