

**Dr. Ann Huycke  
Thermography  
Patient Preparation Guidelines**

**Patients are asked not to shave their underarms or use any skin creams, lotions, deodorants or powders on their breast or underarms on the study day, avoid any physical stimulations, examination or compression of the breasts (self or clinical examination, ultrasound or mammogram) for at least twenty-four (24) hours prior to the examination.**

**Patients should refrain from any tobacco use and caffeinated beverage consumption for two (2) hours prior to the examination.**

**Patients should refrain from a sauna, steam-room or hot/cold packs in contact with the breasts for at least twenty-four (24) hours prior to examination.**

**Patients are asked to refrain from exercise, bathing or showering for one (1) hour prior to examination.**

**Patients should avoid any natural or artificial tanning of their chest for seven (7) days prior to the date of study.**

**Patients should wait at least three (3) months after a biopsy or any breast surgery, the completion of chemotherapy or radiation before a Thermology examination.**

**Patients must not have had a significant fever within thirty-six (36) hours of examination.**

**The office policy for cancellations is forty-eight (48) hour notice.**

**Name: \_\_\_\_\_ Date: \_\_\_\_\_**