

Avalon Laser Health Clinic

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Patient Preparation and Instructions for Digital Infrared Imaging Scan

Please read these instructions carefully. Failure to follow the guidelines will result in cancellation of the scan, rescheduling of the appointment and service charge

24 Hours Prior to the appointment:

- Avoid exercise or heavy physical activity.
- No massage, lymph or laser treatments.
- No chiropractic adjustments.
- No saunas, steam bath or hot tub.
- No hot or cold packs.

Day of Exam:

- Do not wear makeup, perfume, creams on the skin, sunscreen, tanning lotions, deodorant. Any oil-based products on the body will affect accurate detection by the camera.
- Absolutely no heat lamps (tanning bed) or sunburn.
- Do not shave area to be imaged.
- For head imaging, do not eat for at least 2 hours before imaging and no chewing gum.
- No coffee or cigarettes for at least 2 hours before imaging.
- Avoid A/C (air conditioner) in the car. It takes hours for the body to equilibrate.
- All jewelry must be removed in the area to be imaged.
- Hair must be off the face and neck. A clip or elastic band can be used to tie your hair up.
- You will be given a gown to wear prior to the exam.
- Please arrive at least 15 minutes prior to your appointment in order to prepare for the exam.

Infrared image scanning is not recommended for people who have had surgery, chemotherapy or radiation treatments to the area to be scanned within the previous 3 months.

For female clients requesting breast screening

- No breast biopsy for 1 month prior.
- Lactation: Imaging is recommended if there is a problem or concern, but a baseline is not recommended for at least 3 months after the last active breastfeeding.

It is **extremely** important that these instructions are followed; failure to do so could result in an appointment cancellation. If you have any questions please call the clinic.

Please call at least 24 hours in advance if you need to cancel or reschedule your appointment.

Janice Dawe, RN