

# InnerLight Thermography

## Appointment Preparation Checklist

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We are looking forward to your appointment!  
Please follow this checklist closely to ensure the most accurate results.

### 3 Months Before (If Applicable)

- Wait 3 months after breastfeeding or breast surgery before scheduling a breast scan.
- For initial breast scans, a follow-up scan is required 3 months later to establish your personal thermal imaging fingerprint. This creates a baseline to help track future changes with precision.

### 24 Hours Before

- Do not shave or wax areas to be scanned.
- Avoid anti-inflammatory drugs unless medically necessary.

### Day of Appointment – Avoid

- Lotions, deodorants, makeup, essential oils
- Chiropractic, massage, physical therapy, weight-lifting, or intense exercise
- Mammography or other imaging
- Sunburn or fever (reschedule if present)
- Wearing your cell phone on your body
- Long phone calls to your ear (use speaker/hands-free)
- Dental work or vigorous flossing/brushing

### 4 Hours Before

- No hot showers or baths

### 3 Hours Before

- No large meals
- No coffee, tea, soda, or other caffeine

### 2 Hours Before

- No lip balm or lipstick

### 1 Hour Before

- No drinking, chewing gum, smoking, or vaping

### What to Expect

- Review health history with your thermographer.
- Receive a gown and hair tie.
- You will be disrobed during the imaging of the area being scanned. Only the necessary areas will be exposed, and modesty is always respected.
- Imaging with gown repositioning as needed.
- Thermographer will preview images with you and explain how your report (from a certified doctor) will be delivered—typically within one week.

### Thermography Scan Types

- Full Body (Recommended): Head-to-toe scan for a complete health overview.
- Half Body: Head through abdomen.
- Region of Interest: Focused area (e.g., breast, thyroid, etc.)
- Breast: Breast and Facial

Questions?

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Shining Light on Your Path to Vibrant Health