



Medical Infrared Thermal Imaging Patient Information And Guidelines

Medical Infrared Thermal Imaging (Thermography) is non-invasive, painless, non-contact, and there is no radiation. Thermography is a clinical imaging technique that records the thermal patterns of your body. Your thermal images are used by your healthcare practitioner for preventative care and to help diagnose and monitor pain or pathology in any part of your body.

Purpose of Test:

- Help in determining cause of pain.
- For the early detection of disease and pathology.
- Evaluate sensory-nerve irritation or significant soft-tissue injury.
- To define a previously diagnosed injury or condition.
- To identify an abnormal area for further diagnostic testing.
- To follow progress of healing and rehabilitation.
- To provide objective evidence.

Patient Preparation Before The Test:

- Do not have physical therapy on the same day thermography is performed.
- Do not smoke for 2 hours before the test.
- No caffeinated beverages before the test.
- Do not use deodorants or creams on the skin the day of test, avoid heavy make-up and lipstick.
- Avoid tanning beds (no sunburn).
- No massages, body work or heavy exercise before the test.

Diet – No changes necessary (except for avoiding caffeine).

Medicines – No changes necessary.

Disrobing – You will be removing clothing down to underwear, removing jewelry, putting on a surgical gown.

Description of Test:

Patient time for test: 30-60 minutes depending on the scan series specified.

- You are given time for your skin temperature to equalize with the room temperature.
- Thermal images are taken of the whole body, or just areas under investigation.

***You are welcome to have a partner or friend accompany
you during the imaging.***