

Special Instructions for your imaging:

- No breast surgery, chemotherapy or radiation treatments 3 months prior to your imaging.
- No breast biopsy for one month prior.
- Lactation: Imaging is recommended if there is a problem or concern. However, a baseline is not recommended for at least 3 months after the last active breastfeeding.

24 hours prior to your appointment:

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

Day of Exam:

- Avoid heavy make up. Oil based products on the body will affect accurate detection by the camera.
- No hot shower within 4 hours of imaging.
- Avoid deodorant or creams on the skin, especially oils.
- No heat lamps or sunburn - you will have to reschedule
- Do not shave area to be imaged.
- For head imaging, **do not eat for at least 2 hours prior.**
- No gum chewing.
- Avoid A/C in the car blowing directly on the patient.
- You will be asked to remove all jewelry in the area to be imaged.