

Revive Thermal Imaging Protocols

Date: 15-02-2025

Preparing for Your Thermal Imaging Scan

At Revive, we use thermal imaging to detect heat patterns in your body. To get the most accurate results, follow these simple steps before your appointment.

One Month Before Your Scan:

- Avoid any minor breast procedures like biopsies. If you've had one, let us know on your intake form.
- If you've had CoolSculpting, wait at least **4-6 weeks** before scheduling your scan.
- If you've had cupping therapy, wait at least **6 weeks** before your scan.

One Week Before Your Scan:

- Try to limit sun exposure and **avoid sunburn**. If you have a sunburn, we will need to reschedule your appointment.

48 Hours Before Your Scan:

- **For men:** Shave facial and excessive back hair for better scan quality.
- **Avoid tanning** and limit sun exposure.

12-24 Hours Before Your Scan:

- Do NOT do the following:
 - Get a chiropractic adjustment, massage, or acupuncture.
 - Use saunas, steam baths, hot tubs, heating pads, or hot water bottles.
 - Apply analgesic creams or balms.
 - Shave underarms (this should be done earlier).
 - Engage in sexual activity
 - Use alcohol
- If you feel **sick or have a fever**, please reschedule.

On the Day of Your Exam:

- **Do NOT use:**
 - Lotions, creams, cosmetics, deodorants, powders, or any other skin products.
- Bring a **hair tie** to keep hair away from your face and neck.
- **Remove jewelry and piercings** before your scan.

4 Hours Before Your Scan:

- Women: **Do not wear a bra or restrictive or very tight clothing** for at least 4 hours before your exam.
- Avoid hot showers and shaving.
- No physical therapy or exercise.
- Do NOT drink coffee, tea, soda, alcohol, or any caffeine-based drinks.
- Do NOT smoke or use nicotine products.
- Do NOT use a seat warmer.

2 Hours Before Your Scan:

- Avoid very hot or cold drinks.
- Do NOT eat or chew gum.
- Do NOT hold your cell phone to your ear. **Use speakerphone, texting, or GPS instead.**
- Do NOT wear a smart watch.
- If nursing, try to nurse at least **1 hour** before your exam.
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During Your Exam:

- Let us know if you experience **hot flashes** during the scan.
- Stay as **relaxed** as possible before and during your appointment, as stress can affect your results.

At Revive, we are committed to providing you with the most accurate thermal imaging results. By following these simple guidelines, you ensure the best possible experience. If you have any questions, feel free to contact us before your appointment.

Thank you for choosing **Revive** for your thermal imaging needs!

