



Thermal Imaging

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Patient Preparation and Recommendations

- No breast surgery, chemotherapy or radiation treatments 3 months prior
- No breast biopsy for one 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 last active breast feeding.

24 Hours Prior

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

Day of Exam

- Avoid heavy makeup. Any oil based products on the body will affect accurate detection by the camera.
- Avoid deodorant or creams on the skin, especially oils
- Absolutely 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 before imaging and no chewing gum.
- No coffee or cigarettes for at least 2 hours before imaging.
- Avoid A/C in car blowing directly on patient. It takes hours for the body to acclimate. This recommendation is vital during the summer.

Patient Imaging Protocols

- All Jewelry must be removed from the areas to be imaged.
- Do not let patient touch areas to be image. They may often do this while describing pain of lumps. If they do you will see imprint of fingers. Watch the images on the screen and wait while skin
- All hair should be off the face and neck.