LAS VEGAS
THERMOGRAPHY

Appointment Date_____

DAY OF YOUR EXAM

- Do not apply lotions, creams, powders, or deodorant to the area being scanned
- Do not smoke or use nicotine products
- Do not use seat warmers or air conditioning on the drive to the appointment
- Avoid caffeine and alcohol
- Avoid hot showers or baths
- Avoid vigorous exercise
- Wear loose, comfortable clothing
- Remove jewelry and piercings from the area being scanned
- If you are doing a full or half body scan, do not eat for at least 3 hours before your appointment

For the most accurate scan possible, you must not significantly manipulate your body temperature with heating or cooling and digestion.

BEFORE YOU ARRIVE

- Arrive a few minutes early
- Bring completed intake forms
  (found online at https://lasvegasthermography.com/services/thermography/appointment-prep)
- Let us know if you've had recent medical treatments that may affect circulation

WHY PREPARATION MATTERS

Thermography measures subtle temperature patterns related to circulation and nervous system activity. Activities that stimulate the skin or increase blood flow, such as exercise, heat, or caffeine, can temporarily alter these patterns.

By following the preparation guidelines, you help ensure:

- Clear, consistent images
- More accurate comparisons over time
- The best possible information for professional interpretation

QUESTIONS ABOUT PREPARING FOR YOUR APPOINTMENT?

If you're unsure about any preparation steps, call or text 702-553-0331. We're happy to help.

We can't wait to meet you.

Our office address is: 10595 Discovery Dr. #3, Las Vegas, NV 89135