



**April Abbonizio CCT, INHC, RDH
257 Lamp & Lantern Village (upper level courtyard)
Town and Country, MO 63017
314-882-7529**

Thermography Instructions

- A complete medical health history will be taken. If you have a list of medications, please bring it.
- No changes necessary to medicine or diet
- Do not smoke for 2 hours before the test
- No vigorous exercise 2 hours prior to appointment
- No massage, sauna, acupuncture, chiropractic appointments or physical therapy (the day of) prior to appointment
- Do not use lotions on day of test (face lotions, makeup and deodorant are ok) in the area if imaging.
- Stay out of strong sunlight day of test, prior to your appointment. Do not have a sunburn.
- Please wear loose fitting clothing as the irritation marks on skin from tight clothes may delay imaging until they are gone.

You will be wearing a hospital type gown. Speedo type undergarments or thongs are appropriate for both men and women, clothing will block thermal patterns from camera. Gown will be removed only as needed for specific images.