Dear Client,

Congratulations, you deserve this valuable look at your health status! To ensure your imaging appointment is smooth and accurate, please follow the checklist below. If you have questions or need assistance, we are here for you!

- Please bring your completed questionnaire or arrive 15 minutes before your appointment to complete a copy.

**Special instructions for your imaging:**

- No breast surgery, chemo, or radiation (within 3 months)
- No breast biopsy (within 1 month)
- No cupping (1–2 weeks prior)
- No dental work (3–5 days; 1 month for oral surgery)
- Lactation: wait 3 months post-breastfeeding unless imaging is medically necessary

**24 hours prior to your appointment:**

- Avoid exercise or heavy physical activity
- No massage, lymph, or chiropractic treatments
- No hot tubs, saunas, steam baths, or temperature therapy (hot or cold packs)
- No physical therapy

**Day of Imaging:**

- Avoid heavy makeup or oil-based skin products
- Avoid oily deodorants or creams, especially essential oils
- Do not take a hot shower within 4 hours prior to imaging
- No fever (reschedule if ill)
- No sunburn or heat lamp exposure – you will have to reschedule
- Do not shave the area to be imaged
- For head imaging, **no hot/cold beverages and DO NOT EAT FOR AT LEAST 2 HOURS PRIOR**
- No gum chewing
- Run your A/C but avoid direct airflow on you in the car
- Be ready to remove jewelry from the imaging area and notify us if any pieces cannot be removed

We look forward to meeting you!