

Patient Information Sheet
InsideOut Thermography
www.insideoutthermography.com
Digital Infrared Thermography
19 Central Street, Unit G
Byfield, MA 01922
978-270-2005

Purpose of test:

To establish a baseline. and

Help in determining cause of pain.

Evaluate sensory-nerve irritation or significant soft-tissue injury.

To define a previously diagnosed injury or condition.

To identify an abnormal area for further diagnostic testing.

For the early detection of lesions.

To follow progress of healing and rehabilitation.

To provide objective evidence.

Patient Preparation:

Do not have physical therapy or electromyography on the same day as thermography.

Activity – Do not use lotions or powder(the area to be imaged) on the day of the test, do not shave on the day of the test, stay out strong sunlight on the day of the test, and do not wear makeup on the day of the test. If you smoke, refrain from doing so for the two hours before your appointment time.

Attire – Loose fitting clothes. Men, please wear brief or bikini underwear. Women please wear bikini or thong underwear. You will remove all clothing except your underwear for full body. For region of interest, (e.g. breast) you will remove all clothing for the respected area.

No changes necessary for diet or medication.

General Information

Procedure is: Non-Invasive, Non-contact, FDA Approved with NO RADIATION.

Thermography is performed by Certified Clinical thermographers.

There are no risks and no side effects.

Average time for the procedure is 15-30 minutes depending on type of thermographic scan.

You are welcome to bring someone with you to be present during the scan.