

## WHEN TO WAIT – Thermography Wait Times

Certain procedures and life events impact the thermal profile. Please use this sheet as a guide to determine how long to wait to have thermography scans. Please read the [Thermography Preparation Sheet](#) for additional guidelines and information.

**Mammograms** - until all bruising or pain from the mammograms is gone. This is different for different people. **3 Weeks** is a safe window.

**Pregnancy** - 3 months after pregnancy (for hormones to settle)

**Breast feeding** - 3-months post breast feeding (for hormones to settle)

**Surgery** - 3 months after the surgery

**Biopsy** - 3-months after the biopsy

**Baseline** – 3 months after initial (12 weeks minimum)

**Chiropractic** - wait 24 to 48 hours

**Massage** - wait 24 to 48 hours

**PEMF** – wait 24 to 48 hours

**Strenuous Exercise** – wait 24 to 48 hours

**Sunburn** - wait until the sunburn has completely healed

**Acupuncture** – wait 3 days

**Nicotine** – wait 2 hours

**MRI** - no wait

**Cat scan with contrast** - wait 24 hours

**Cat scan with no contrast** - no wait

**X-ray** - no wait

**Radiation** - 6 Months

**Waxing** – 1 week

If you have any questions about thermography, please email [support@naturallyunbridled.com](mailto:support@naturallyunbridled.com) or call 608-799-8326.