

## **What to Wear to Your First Visit to the Clinic:**

It is important to wear appropriate clothing so that we can examine you properly and ensure that you feel comfortable throughout the process.

### **For FEMALES:**

On the top, a variety of clothing types will work, as long as there is no metal under-wire, clips/closures, or other metal in it. A regular bra with underwire and metal closures is not acceptable and will need to be removed prior to your examination and radiographs.

A typical "bikini" top is ideal as it allows full access to your back and keeps you covered at the same time (and normally does not have metal parts). A sports-type bra is acceptable, especially if the back is shaped like an "H" (open in the middle over the spine).

On the bottom, I recommend thin, tight fitting, stretchy athletic shorts/tights (e.g. yoga pants). Please wear a sensible cotton panty in case the outer layers need to be removed.

### **For MALES:**

A fitted, athletic style "boxer" style underwear is recommended, although regular briefs or boxers are acceptable.

