



# Brain Mapping and Neurofeedback Process & Procedures

## Before

**In order to obtain the most accurate results, please ensure the following upon arrival for your Brain Mapping and Neurofeedback session:**

- Hair must be clean and dry, without any products in it (i.e. no hair-spray, gel, leave-in conditioner, etc.)
- Forehead should be clean from products, such as makeup, foundation, lotion, etc.

## During

1. The clinician will have you wipe down your forehead and earlobes with special cleansing gels to prep the sites for electrode placement.
2. A cap fitted with electrodes will be placed on your head.
3. Gel will be inserted into the electrodes between your scalp and the cap.
4. The entire session from prep to completion typically takes one hour.

## After

- You will have access to a bathroom to wipe off the gel in your hair.
- A towel will be provided to remove any excess electro-gel at the conclusion of the session.