

MiraDry Pre and Post Treatment Instructions

Pre-Treatment Considerations

4-6 days prior to treatment:

- Shave both underarms – By the time you come in for your procedure, there will be hair growth to identify the area to be treated.

One day prior to treatment:

- Discontinue use of any deodorant or antiperspirant.

Day of treatment:

- Wear clothes with loose arm holes for easy access to treatment site (i.e., tank top, sports bra or camisole).
- Expect treatment to last one hour.

MiraDry Post-Procedure Instructions

Following your treatment:

- Immediately ice treated area. (Wrap the ice packs in a towel to prevent frostbite as your skin is still numb and you may not feel the full effects of the ice.)
 - Swelling may last up to 2 weeks.
- Use of a non-prescription anti-inflammatory medication (i.e., Ibuprofen) to reduce swelling is suggested. Continue as needed over the next few days.
- Keep treated area clean by washing with water and gentle liquid soap twice per day.
- Apply an over-the-counter antibiotic ointment (i.e., Neosporin) to prevent infection.
- Avoid shaving or apply deodorant for the next few days as your underarms could be tender. If deodorant/antiperspirant is still desired after treatment, discard any partially used product and use a new, unopened product.
- Wait a few days before resuming rigorous exercise and activity.
- Wear loose fitting tops to avoid underarm irritation for a few days following treatment.

What to Expect:

- You should notice a reduction in the amount of your underarm sweat almost immediately after your procedure.
- You may notice a reduction of underarm hair.
- It is normal for the underarms and surrounding areas to feel numb for several hours after the procedure; sometimes this numbness can also be felt in the arms for a few hours.
- Altered sensation (numbness or tingling) in the skin of the treated area or the arm; redness or bruising may occur.

You should call our office if you:

- Develop signs of infection (increasing swelling, pain, heat or surrounding redness) or if the treated area appears to be getting worse.
- Experiencing significant pain that is not relieved by the recommended pain medication listed above.
- Develop severe swelling, redness, or bruising that is not getting better after two weeks.
- Experience any weakness in your arm muscles or fingers.

Please call our office if you have any questions or concerns.