



miraDry Procedure Instructions

Pre-procedure Instructions

3-4 days BEFORE procedure:

- Shave both underarms; by the time you come in for your procedure, there will be a little bit of hair growth to identify the area to be treated.
- If you forget to shave, we may recommend that you reschedule your procedure date.

What to wear the DAY of the procedure:

- Loose fitting top: women – ex. tank top, sports bra, camisole, men – ex. tank top or no shirt.

What to Expect:

- Your procedure will last around 2 hours.
- You are welcome to bring a portable music player and earphones to listen to during the procedure.
- After the procedure, be advised that you will have swelling and redness in the treated area for a few days to a few weeks.
- Your doctor will likely recommend a mild pain medication and repeated icing for a few days to minimize the swelling and discomfort that some patients experience.
- You must keep the treated area clean (wash with water and gentle liquid soap) apply Neosporin twice a day after washing area. Wear loose fitting breathable clean cotton tops for the next few days and avoid sports bras and dry fit clothing for two weeks. NO shaving! Use new antiperspirant/deodorant after procedure, if needed.
- Avoid any rigorous activity for several days after the procedure. If you normally exercise heavily, wait a few days before resuming your exercise routine.

Post-procedure Instructions

- You should notice a reduction in the amount of your underarm sweat almost immediately after the procedure. Most patients report a dramatic reduction, but not complete elimination, of their underarm sweat. In a recent clinical study, the average sweat reduction was 82% after two treatments.
- You may also notice a reduction of underarm hair. In a recent clinical trial, an average of 70% hair reduction was observed in one to two treatments.
- It is normal for the underarms and surrounding areas to feel numb for several hour to a few weeks after the procedure. Sometimes this numbness can also be felt in the arms for a few hours.

To assist in the recovery, we recommend the following:

- Immediately ice the 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.) Continue to ice for the next few days to reduce swelling which may last up to 2 weeks.
- A non-prescription anti-inflammatory medication such as ibuprofen will reduce the normal inflammation and discomfort that usually occurs for a few days after the procedure.
- Keep your underarms clean while they are healing from the procedure. Use gentle liquid soap to cleanse the underarms twice a day.
- Your underarms could be tender for up to two weeks as they heal from the procedure.
- Avoid shaving until the tenderness has subsided enough for your comfort level.
- Avoid applying antiperspirant/deodorant within the first few days. Do not apply over any broken skin, such as nicks from shaving.
- Wear a loose top for the next few days to prevent underarm irritation.
- Avoid vigorous activity for the next few days.
- Apply an over-the-counter antibiotic ointment to prevent infection.

Other minor effects can last several weeks such as: swelling in the arm or torso; altered sensation (numbness or tingling) in the skin of the treated area or the arm; redness or bruising in the underarm or adjacent area. Other minor effects that may last longer are bumps you can feel under the skin and darkening of the skin. These should gradually disappear over time. Partial hair loss may be long-term.

Though less common, it is possible that some small blisters may develop in the treatment area. Keeping these areas clean and applying an over-the-counter antibiotic ointment such as Polysporin ointment can speed the healing process and prevent infection.

You should call your doctor if you:

- develop signs of infection (increasing swelling, pain, heat or surrounding redness) or if the treated area appears to be getting worse
- are 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

By signing below, I acknowledge that I have read the pre and post instruction form in its entirety. I have been adequately informed of all the instructions. All questions have been answered to my satisfaction.

Printed Patient Name: _____ DOB: _____

Patient Signature: _____ Date: _____

Clinician Signature: _____ Date: _____