



**miraDry®**

**Contact our office with any questions or concerns at 210-245-4050**

The miraDry® treatment is the only FDA-cleared procedure to permanently reduce underarm sweat and odor up to 82%.

### **Pre Treatment Instructions**

#### ***3 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 o
- If you forget to shave, we will recommend that you reschedule your procedure date

#### ***What to wear the DAY OF the procedure***

- Easily cleaned top with loose arm holes o
- For women - e.g., tanktop, sports bra, Camisole
- For men - e.g., tanktop or no shirt

#### ***What to expect***

- Your procedure will last 60-90 minutes
- 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) and wear loose fitting tops for the next few days
- Avoid shaving or applying antiperspirant/deodorant for the next few days
- Avoid any rigorous activity for several days post procedure; if you normally exercise heavily, wait a few days before resuming your exercise routine

### **Post-Procedure Instructions**

You have just taken a big step towards reducing your underarm sweat! There are a few things you should know:

- 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.

- 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.

**To assist in 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.
- Take the prescribed prednisone and ibuprofen to 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 2 weeks as they heal from the procedure.
- Avoid shaving until the tenderness has subsided enough for your comfort level. O
- Avoid applying antiperspirant/deodorant within the first few days and 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.
- Apply the provided antibiotic pledgets as directed or use an OTC 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 arm, and redness or bruising in the underarm or adjacent area. Other minor effects that may last longer are bumps you can feel under the skin, darkening of the skin, and altered sensation in the skin in and around the treated area. These should gradually disappear overtime. Partial hair loss is permanent.

Though less common, it is possible that some small blisters may develop in the treatment area. Keeping these areas clean and applying an OTC 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 2 weeks
- Experience any weakness in your arm muscles or fingers