



### **miraDry Patient Instructions**

- Shave your underarms 4-6 days prior to the procedure
- Wear an easily cleaned top with loose arm holes
  - Women: tank top or sports bra
  - Men: Tank top or no shirt
- There is minimal to no downtime – most patients can return to normal activities or work right after the procedure, and can typically resume exercise within several days
- Your procedure will last 60 – 75 minutes.
- You are welcome to bring a portable music player and earphones to listen to during the procedure.
- Immediately after the procedure
  - Underarms are cleaned to remove markings
  - Small ice packs are placed under arms
  - Physician will likely recommend a mild over-the-counter pain medication and use of ice packs for a few days
  - Physician may recommend that patients not participate in any vigorous activity with their arms for several days

### **miraDry Post-Procedure**

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 the recovery, we recommend the following (please initial):

- 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.
- 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, darkening of the skin, and altered sensation in the skin in and around the treated area. 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

If you experience any problems, contact our office at 973-763-7546.