



miraDry® Pre & Post Treatment Instructions

Important "To-Dos" Before the Procedure:

1. Shave both underarms 2-3 days before your procedure.
2. If you forget to shave, we will shave your underarms right before the procedure. **This may lead to some discomfort or irritation, so it is preferable for you to shave prior to arrival.** *Please notify the office at 404.832.0300 if you find any large moles or skin tags underneath your arms. These may need to be removed prior to your procedure.
3. DO NOT wear deodorant or antiperspirant on the day of your procedure.
4. Freeze a handful of mini water bottles the night before the miraDry procedure to use throughout recovery/when needed. Regular sized water bottles work just fine but the mini ones fit the underarms better.
5. Please arrive 5-10 minutes before the time of your procedure.

What to Wear/Bring the DAY of Procedure:

- Clean top with loose arm holes (i.e. tank top or loose tee shirt). We will provide a surgical cover for the procedure.
- Since the procedure is around 2 hours, you are welcome to bring headphones to listen to music, watch a movie/TV show, listen to a Podcast, etc. Our clinicians are all very wonderful and friendly so they would be happy to chat with you for the entire procedure as well!

Post-Procedure Expectations:

- 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 as well.
- Be advised that you will have swelling and redness in the treated area post treatment. This is normally seen for up to 2 weeks after the procedure but can improve sooner, it varies from patient to patient.
- You should have minimal downtime. You can return to work the next day, but some patients are glad they took one day off post procedure.

Post-Procedure Instructions:

- Avoid any rigorous activity such as heavy lifting/working out for 3 days - 1 week (depending on your level of comfort).
- Be advised that you will have swelling and redness in the treated area post treatment. This is normally seen for up to 2 weeks after the procedure but can improve sooner, it varies from patient to patient.
- Avoid pool, hot tub, lakes/oceans for at least 1 week post procedure.
- ICE for 24 hours (20 min on 20 min off). Use frozen mini water bottles, crushed ice in a bag, frozen peas, etc. (Use a paper towel as a barrier between the ice and your underarms.)
- Take 600mg-800mg Ibuprofen (3-4 tablets) every 8 hours **with food** for the next 48 hours. This can relieve any soreness and inflammation that usually occurs.
- Keep area clean. Wash twice a day with gentle liquid soap: **NO washcloth or loofahs**. Use your fingertips only!
- We recommend a spray deodorant, but do not use a deodorant for **3 days** after procedure. After 3 days, use a **BRAND-NEW** deodorant/antiperspirant so no old bacteria is introduced.
- Shaving can resume when the tenderness has subsided enough for your comfort level, about 5 days.

Common Side Effects:

- Swelling for 2-3 weeks.
- Soreness, discomfort, or tenderness of treated area for 4-6 weeks.
- Altered sensation in or around treatment area for 1-12 weeks.
- Redness from device suction for 1-2 days.
- Transfer of numbing solution to lower areas of the body, such as chest, abdomen or groin.

Less Common Side Effects:

- Swelling in adjacent arm or torso for 1 week.
- Hyperpigmentation up to 8 weeks.
- Soreness in arm or shoulder due to procedure positioning.
- Numbness or tingling in arm due to anesthesia that lasts more than 24 hours.
- Temporary lumps and bumps in area for up to 4-6 weeks.
- Tight band in treated area up to 8 weeks.
- Shaking due to epi that lasts more than 1 day.
- Blisters may develop in treatment area—keep these areas clean.

When to Call our Office:

- You have any concerns or see or experience anything that you feel is out of the ordinary.

- You are experiencing significant pain that is not relieved by the recommended pain medication
- You develop **severe** swelling, redness or bruising that is not better **after two weeks** or any weakness in your arms or fingers.

Please call our office if you have any questions or concerns 404-832-0300 or email our Patient Care Director, Kelsey at kbarry@wifh.com