

## PATIENT PROCEDURE INSTRUCTIONS

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miraDry is a non-surgical treatment designed to permanently reduce underarm sweat, odor, and hair<sup>1,2</sup> with as little as one treatment, in one hour, and with immediate results. Clinical studies have demonstrated an average reduction of 82% in underarm sweat. Like any other medical procedure, results can vary from patient-to-patient.

### PRE-PROCEDURE INSTRUCTIONS

#### 4-6 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 will recommend that you reschedule your procedure date.

#### 1 DAY BEFORE PROCEDURE:

- » Do not wear any deodorant or antiperspirant.

#### DAY OF PROCEDURE:

- » Wear clothes with loose arm holes for easy access to the treatment site, e.g. tank top, sports bra, or camisole
- » Plan for the procedure to last an hour

### POST-PROCEDURE INSTRUCTIONS

#### AFTER THE PROCEDURE:

- » Immediately ice the treated area using towel-wrapped ice packs and use non-prescription anti-inflammatory medication (e.g. ibuprofen) to reduce swelling. Continue as needed over the new few days.
- » Keep the treated area clean (wash with water and gentle liquid soap) and apply an over-the-counter antibiotic ointment (e.g. Neosporin) to prevent infection.
- » Avoid shaving or applying antiperspirant/deodorant for the next few days. If deodorant / antiperspirant is still desired after the treatment, discard any partially used product and open a new product.
- » Wait a few days before resuming rigorous exercise and activity.
- » Wear loose fitting tops to avoid underarm irritation for the next few days.