

MIRADRY PRE & POST PATIENT INSTRUCTIONS

MiraDry is a non-surgical treatment designed to permanently reduce underarm sweat, odor, and hair^{1,2} in as little as one treatment, and optimal results in two. Clinical studies have demonstrated an average reduction of 82% in underarm sweat after an average of two treatments. Like any other medical procedure, results can vary from patient-to-patient.

PRE-PROCEDURE INSTRUCTIONS

4-6 DAYS BEFORE TREATMENT:

- 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 TREATMENT:

- 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).

- Bring a CLEAN top to wear after the procedure.

- Plan for the procedure to last about an hour.

POST-PROCEDURE INSTRUCTIONS

AFTER THE TREATMENT:

- Immediately ice the treated area using towel or gauze-wrapped ice packs (20 min on/20 min off) and use non-prescription anti-inflammatory medication (e.g., ibuprofen) to reduce swelling, as directed by the physician. Continue as needed over the next few days.

- Keep the treated area clean (wash with water and gentle liquid soap) and apply an over-the-counter antibiotic ointment (e.g., Polysporin) to prevent infection.
- Avoid submersion in water (bathtubs, hot tubs, swimming pools, lakes, ocean, etc.) for a few days
- Avoid shaving or applying antiperspirant/deodorant for the next few days. If 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 clean, loose-fitting tops to avoid underarm irritation for the next few days.
- Refer to your consent form for a list of side effects. Your side effects should be resolving daily. If side effects become worse, call your provider., please come to the office with clean skin (clean shaven if male). Your treatment area should be free of any makeup, creams, perfumes and lotions.

If you have any questions or concerns, please do not hesitate to call one of our offices at (281) 404-5454.

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