

# miraDry 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.

## What to wear the DAY of the procedure

- Easily cleaned top with loose arm holes
- For women – eg, tank top, sports bra, camisole
- For men – eg, tank top or no shirt

## What to Expect:

- Your procedure will last 60 – 75 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.