



miraDry is a non-surgical treatment designed to permanently reduce underarm sweat, odor, and hair. Clinical studies have demonstrated an average reduction of 82% in underarm sweat. Like any other medical procedure, results can vary from patient-to-patient.

20% of patients may require a second treatment.

Your therapist will discuss this with you during consultation.



PRE PROCEDURE INSTRUCTIONS

- Shave both underarms; by the time you come in for your procedure, there should be a little bit of hair growth to identify the area to be treated. If you forget to shave, we can shave the area for you on the day of treatment.

1 DAY BEFORE PROCEDURE

- Do not wear any deodorant or antiperspirant. This is very important as wearing deodorant may mean we are not able to perform the treatment.

DAY OF PROCEDURE

- Wear clothes with loose arm holes for easy access to the treatment site, e.g. tank top, sports bra, or camisole. We have spa gowns at the clinic that may also be worn.
- Plan for the procedure to last an 2-2.5 hours.

POST PROCEDURE INSTRUCTIONS

AFTER THE PROCEDURE

You will almost immediately notice a reduction in your underarm sweat. Most people report a dramatic reduction but not complete elimination of underarm sweating (approx. 82% reduction).

Following your miraDry treatment we recommend you adhere to the following recommendations. This will ensure the results of your treatment are optimal and help avoid unwanted side effects.

It's normal for your underarms to feel numb for several hours after the procedure.

- Your therapist will immediately ice the treated area using towel-wrapped ice packs. You may use non-prescription anti-inflammatory medication (e.g. ibuprofen) to reduce swelling. Swelling and tenderness may last up to 2 weeks. Continue as needed over the new few days. Remember to cover the icepack in a NEW zip lock bag or Gladwrap each time you ice the area to reduce the risk of infection.
- Keep the treated area clean. Wash with water and gentle liquid soap at least twice a day.
- Avoid shaving or applying antiperspirant/deodorant for 1 week. 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.

MINOR EFFECTS POST TREATMENT THAT CAN LAST UP TO SEVERAL WEEKS

- Swelling in the arms and torso.
- Altered sensation such as numbness or tingling in the skin or in the treatment arm.
- Bumps that you can feel under the skin.
- Darkening of the skin in the treated area.
- Altered sensation in the skin in and around the treated area. In most cases this will gradually disappear rare cases this can be permanent.

A member of our team will contact you via phone the day after your treatment.

If you are unwell or concerned about any aspect of your treatment, please don't hesitate to contact the clinic so we may advise and support you.