

MiraDry Care Instructions

MiraDry is a non-surgical treatment designed to permanently reduce underarm sweat, odor, and hair 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.

Before Your Treatment

- 4 to 6 days prior to MiraDry, 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.
- 2 days prior to MiraDry, do not wear any deodorant or antiperspirant.

Day of Treatment

- 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 60 to 75 minutes.

After Your Treatment

Following the procedure, you will likely experience:

- Swelling and soreness.
- Altered sensation in or around the underarm.
- Immediately ice the treated area using towel-wrapped ice packs and use non-prescription inflammatory medication (e.g., Ibuprofen) to reduce swelling. Continue as needed over the next few days.
- Increase fluid intake to 6-8 glasses of water per day.
- 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 vigorous exercise and activity.
- Wear loose fitting tops to avoid underarm irritation for the next few days.

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Questions/Concerns. Post-treatment healing varies from patient to patient. If you have any questions or concerns, please contact our office at 425-450-0880.