



## MIRADRY

### Pre-treatment Instructions

- 2-3 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 due to risk of infection.
- WHAT TO WEAR THE DAY OF THE PROCEDURE:
  - Easily cleaned top with loose arm holes
    - Women: tank top, sports bra, camisole
    - Men: tank top or loose fitting 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 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.