



WESTLAKE
DERMATOLOGY
& Cosmetic Surgery

miraDry®

Patient Instructions for Before and After Treatment

BEFORE YOUR TREATMENT

1-2 days BEFORE Procedure

- Shave both underarms
- If you forget to shave, we will shave your underarms right before the procedure. This may lead to some discomfort or irritation so it is preferable for you to shave prior to arrival.

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

AFTER YOUR TREATMENT

You have just taken a big step towards reducing your underarm sweat by having undergone the miraDry procedure. As you leave the physician's office today, there are a few things that you should know.

First of all, you should notice a reduction in your underarm sweat almost immediately after the procedure. Most patients report a dramatic reduction, but not complete elimination, of their underarm sweat. In a recent clinical study, the average sweat reduction was 90% after their second treatment.

It is normal for the underarms and surrounding areas to feel numb for several hours after the procedure; sometimes this numbness can also be felt in the arms for a few hours.

- Swelling in the treated area is normally seen for up to two weeks after the procedure, though this swelling can be reduced by regularly applying ice.
- You may also take a non-prescription anti-inflammatory medication such as ibuprofen to reduce the normal inflammation and discomfort that usually occurs for a few days after the procedure.

Although usually not needed, if you wish to apply antiperspirant/deodorant, you can typically resume doing so within a few days following the procedure. Your underarms could be tender for up to two weeks as they heal from the procedure. Shaving can also resume when the tenderness has subsided enough for your comfort level.

Keeping the treatment areas clean and applying an over-the-counter antibiotic ointment can speed the healing process and prevent infection. You should call our office (512-328-3376) if you:

- develop signs of infection (pain, heat or surrounding redness) that lasts more than a week or appears to be getting worse
- are experiencing significant pain that is not relieved by the recommended pain medication listed above
- develop severe swelling, redness, or bruising that is not getting better after two weeks
- experience any weakness in your arm muscles or fingers