

# MIRADRY

## TREATMENT GUIDE

### Post-Care Expectations:

- You should notice a reduction in the amount of 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 82% after two treatments.
- It is normal for the underarm and surrounding area to feel numb for several hours after the procedure; this numbness can often be felt in the arms for a few hours.
- Your underarms could be tender for up to two weeks as they heal from the procedure.
- Minor effects that can last several weeks are: swelling in the arm or torso; altered sensation (numbness or tingling) in the skin of the treated area or the arm; redness or bruising in the underarm or adjacent area.
- Other minor effects that may last longer are: bumps which can be felt under the skin, darkening of the skin, and altered sensation in the skin in and around the treated area. These should gradually disappear over time.
- Though less common, it is possible that some small blisters may develop in the treatment area. Keeping these areas clean and applying an over-the-counter antibiotic ointment can speed the healing process and prevent infection.
- Partial hair loss may be long-term.

### Post-Care Instructions:

To assist in the recovery, we recommend the following:

- Immediately ice the treatment area. Wrap ice packs in a towel to prevent frostbite as your skin is still numb and you may not feel the full effects of the ice. Continue to ice for the next few days to reduce swelling, which may last up to 4 weeks.
- Avoid shaving until the tenderness has subsided enough for your comfort level.
- Avoid applying antiperspirant/deodorant within the first few days. Do not apply over any broken skin, such as nicks from shaving.
- Wear a loose top for the next few days to prevent underarm irritation.
- A non-prescription anti-inflammatory medication such as ibuprofen will reduce the normal inflammation and discomfort that usually occurs for a few days after the procedure.
- Keep your underarms clean while they are healing from the procedure. Use gentle liquid soap to cleanse the under arms twice a day.
- Apply an over-the-counter antibiotic ointment such as Polysporin ointment to prevent infection.
- Throw your razor and antiperspirant away and buy new ones to avoid introducing bacteria to treated areas.

**Notify PuraVida staff or your physician if you:**

- Develop a fever of 101.5 or greater.
- Develop signs of infections (increasing swelling, pain, heat or surrounding redness) or if the treated area 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.

