



BAY AREA COSMETIC DERMATOLOGY

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POST CARE FOR MIRADRY

[Non-surgical treatment designed to reduce underarm sweat, odor and hair]

HOW TO PREPARE:

- Please shave your armpits (3) days prior to treatment.
- Due to the possibility of temporary numbness in your arms post treatment, please be sure to arrange a ride home after your Miradry appointment.

WHAT TO EXPECT

- 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. Miradry has been clinically shown to reduce sweating up to 82% in 1-3 treatments.
- It is normal for the underarms and surrounding areas to feel numb for several hours after the procedure. Swelling in the treated area is normally seen for a few weeks post treatment, this swelling can be reduced by regularly applying ice and taking medication as directed by your provider.
- If appropriate, you will be prescribed Prednisone to reduce inflammation. Take medication as directed. It may also be recommended to 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.
- Other minor effects can last several weeks: 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 you can feel 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. Partial hair loss up to a 75% reduction in the area is expected.
- Though less common, it is possible that some small blisters may develop in the treatment area. Keeping these areas clean and applying topical antibiotic ointment over these spots can speed the healing process and prevent infection.

ANTIPERSPIRANT & SHAVING

- 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. Resume shaving when the tenderness has subsided enough for your comfort level.

Please contact the office promptly if you:

- Develop signs of infection (pain, heat or surrounding redness) that lasts more than a week or appears to be getting worse.
- Experience 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.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.