



La Jolla Cosmetic  
Medical Spa  
est. 2013

# MiraDry Pre and Post Care

## PREPARING FOR YOUR TREATMENT

### 4-6 DAYS PRIOR

- 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.

### DAY OF TREATMENT

- Throw away any current antiperspirant/deodorant as it contains bacteria.
- Wear a top with loose arms holes and can be easily cleaned.
- For women, we recommend tank top and camisoles.
  - Avoid sports bra or any tight fitted bra.
  - For men, tank top or other sleeveless shirt are best.
- We encourage you to bring a portable music player and earphones to listen to during the procedure
- Your procedure will last 60 – 75 minutes.

### AFTER TREATMENT

- After the procedure, you may have swelling and redness in the treated area for a few days to a few weeks.
- You may also notice a reduction of underarm hair. In a recent clinical trial, an average of 70% hair reduction was observed in one to two treatments.
- It is normal for the underarms and surrounding areas to feel numb for several hours after the procedure; sometimes this numbness is noticeable in the arms several hours after the treatment.
- Other minor effects can last several weeks such as: 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 and darkening of the skin. These should gradually disappear over time.
- Partial hair loss may be long-term.
- 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 such as Polysporin ointment can speed the healing process and prevent infection.
- You should avoid close contact with pets after laser treatment such as sleeping, cuddling, or allowing them to “kiss” lick you. No matter how clean they are, pets carry germs that are different to human germs. These germs can transmit diseases and cause infections. This could alter your result in a negative way requiring



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antibiotics, possible hospitalization and even additional procedures or treatments. Ask your provider when it is safe to resume close contact.

- A second treatment can be scheduled 3 months after the first treatment.
- Immediately ice the treated area. Wrap the 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, every 4 hours for 20 minutes to reduce swelling and discomfort. It is normal for swelling to last up to 2 weeks.
- 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.
- Avoid any rigorous activity 3-5 days post procedure. If you normally exercise heavily, wait up to 5-7 days.
- Keep your underarms clean while they are healing from the procedure. Use gentle liquid soap to cleanse the underarms twice a day.
- Your underarms could be tender for up to two weeks as they heal from the procedure.
  - o 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.
  - o Wear a loose top for the next few days to prevent underarm irritation.
- Apply an over-the-counter antibiotic ointment to prevent infection.

#### YOU SHOULD CALL YOUR PROVIDER IF YOU

- Develop signs of infection (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 finger