



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

miraDry[®]



Pre/Post Treatment Instructions

Important Information from Dr. Naomi Placella, NMD
at DrSkin Plastic Surgery, Regenerative & Medical Spa

Congratulations!

Congratulations on successfully undergoing your treatment. This document has been meticulously crafted to guide you through the miraDry[®] patient instructions, with the goal of ensuring the smoothest possible recovery and achieving the best possible outcomes. It is of paramount importance that you review this information in its entirety and adhere strictly to all provided instructions. Your diligent compliance will significantly contribute to the overall success of your recovery.

Should you have any questions or require further clarification, please do not hesitate to contact Dr. Naomi Placella, NMD and the expert medical staff directly at DrSkin Med Spa at **(888) 717-1631**.



Dr. Naomi Placella, NMD



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

miraDry® OVERVIEW:

miraDry® is a non-surgical treatment designed to permanently reduce underarm sweat, odor, and hair in as little as one treatment, and optimal results in two. Clinical studies have demonstrated an average reduction of 82% in underarm sweat after an average of two treatments. Like any other medical procedure, results can vary from patient-to-patient.

PRE-TREATMENT INSTRUCTIONS

4-6 DAYS BEFORE TREATMENT:

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.

1 DAY BEFORE TREATMENT:

Do not wear any deodorant or antiperspirant.

DAY OF TREATMENT:

- Wear clothes with loose armholes for easy access to the treatment site (e.g., tank top, sports bra, or camisole).
- Bring a CLEAN top to wear after the procedure.
- Plan for the procedure to last about an hour.



Dr. Naomi Placella, NMD



PLASTIC SURGERY, REGENERATIVE AND MEDICAL SPA

POST-TREATMENT INSTRUCTIONS

AFTER THE TREATMENT:

- Immediately ice the treated area using towel or gauze-wrapped ice packs (20 min on/20 min off) and use non-prescription anti-inflammatory medication (e.g., ibuprofen) to reduce swelling, as directed by physician. Continue as needed over the next few days.
- Keep the treated area clean (wash with water and gentle liquid soap) and apply an over-the-counter antibiotic ointment (e.g., Polysporin) to prevent infection.
- Avoid submersion in water (bathtubs, hot tubs, swimming pools, lakes, ocean, etc.) for a few days
- Avoid shaving or applying antiperspirant/deodorant for the next few days. If still desired after the treatment, discard any partially used product and open a new product.
- Wait a few days before resuming rigorous exercise and activity.
- Wear clean, loose-fitting tops to avoid underarm irritation for the next few days.
- Refer to your consent form for a list of side effects. Your side effects should be resolving daily. If side effects become worse, call your provider.

Please contact DrSkin Med Spa if you have any concerns following your treatment.

DrSkin Med Spa | (480) 904-3311 | 1458 N Higley Rd, Suite 102, Gilbert, AZ 85234

drskinmedspa.com

