



TIMELESS

SKIN SOLUTIONS

miraDry **before & after treatment instructions**

Before treatment:

1. Shave both underarms 4-6 days before your MiraDry treatment. A little hair growth is needed to identify the treatment area. If you forget to shave, we may need to reschedule your appointment.
2. Avoid wearing deodorant or antiperspirant for 2 days prior to your treatment. If possible please do not wear makeup to your treatment.

Day of Treatment:

1. Wear loose-fitting clothing for easy access to the treatment area (e.g., tank top, sports bra, or camisole).
2. The procedure will take approximately 75 to 120 minutes.

After treatment:

You may experience some swelling, soreness, or altered sensation in or around the treated area.

1. Immediately ice the treated area using towel-wrapped ice packs. Continue icing over the next few days as needed to reduce swelling.
2. Take a non-prescription anti-inflammatory medication, such as ibuprofen, to help with swelling and discomfort.
3. Increase fluid intake to 6-8 glasses of water per day to promote healing.
4. Keep the treated area clean by washing with water and a gentle liquid soap. Apply an over-the-counter antibiotic ointment (e.g., Neosporin) to prevent infection.

5. Avoid shaving or applying deodorant/antiperspirant for a few days. If you wish to resume using deodorant/antiperspirant, discard any partially used product and start with a new one.
6. Wait a few days before resuming any vigorous exercise or physical activity.
7. Wear loose-fitting tops for the next few days to avoid irritation to the treated area.

If you have any questions or concerns, please call our office at (614) 799-5100 or email contact@timelessskinsolutions.com. In case of emergency call 911.