



TIMELESS

SKIN SOLUTIONS

miraDry **before & after treatment instructions**

Before treatment:

1. Shave both underarms 1-2 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. 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.