Mira Dry ™ Pre-procedure Patient Instruction

4-6 days BEFORE Procedure

• 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.

What to wear the DAY of the procedure

• Easily cleaned top with loose arm holes

• For women – eg, tank top, sports bra, camisole

• For men – eg, tank top or no shirt

What to Expect:

• Your procedure will last 60 – 75 minutes.

• You are welcome to bring a portable music player and earphones to listen to during the procedure.

• After the procedure, be advised that you will have swelling and redness in the treated area for a few days to a few weeks.

• Your doctor will likely recommend a mild pain medication and repeated icing for a few days to minimize the swelling and discomfort that some patients experience.

• You must keep the treated area clean (wash with water and gentle liquid soap) and wear loose fitting tops for the next few days. Avoid shaving or applying antiperspirant/deodorant for the next few days.

• Avoid any rigorous activity for several days post procedure. If you normally exercise heavily, wait a few days before resuming your exercise routine.