



Patient instructions to prepare for miraDry procedure

2 to 4 days BEFORE procedure:

- Shave both underarms.
- If you forget to shave, we will shave your underarm right before the procedure. This may lead to some discomfort or irritation so it is preferable for you to shave prior to arrival.

What to wear the DAY of the procedure:

- Easily cleaned top with loose arm holes
- For women-e.g., tank top, sports bra, camisole
- For men-e.g., tank top or no shirt

What to expect:

- Be advised that you will have swelling and redness in the treated area for a few days to a few weeks.
- Avoid any rigorous activity for several days post procedure. If you normally exercise heavily, wait a few days before resuming your exercise routine.
- You are welcome to bring a portable music player and ear phones to listen to during the procedure.
- 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.

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