



# MIRADRY

## PRE AND POST CARE

### PRE-TREATMENT CARE

- Stay hydrated and avoid coming in on an empty stomach. This will help provide comfort during your appointment
- You cannot be pregnant or nursing
- You cannot have a heart pacemaker or other electronic device implants
- You cannot be on supplemental oxygen
- You cannot have issues with locally injected anesthesia (e.g.: lidocaine with epinephrine, medications that interfere with numbing, etc.)
- **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:**
  - Do not wear any deodorant or antiperspirant
  - Wear clothes with loose arm holes for easy access to the treatment site (e.g., tank top, - sports bra, or camisole).
  - Bring a CLEAN top to wear after the procedure.

### POST-TREATMENT CARE:

- 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.



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### POST-TREATMENT CARE (CONT.):

- Wait 5-7 days before resuming rigorous exercise and activity
- Wear clean, loose-fitting tops to avoid underarm irritation for the next few days.
- Expect swelling/tightness for 1-8 weeks
- Expect soreness, discomfort, or tenderness in the treated area for 2-3 weeks
- Expect altered sensation in or around the treated area for 1-12 weeks
- Expect lumps/bumps under the treated area for 4-6 weeks
- Expect bruising and redness in the treated area for a few days

**If you have any questions before or after your appointment, you can email us at [info@rumaesthetics](mailto:info@rumaesthetics) or call 801-514-7650 or for after-hours questions, please text 435-210-6401** Thank you for choosing RUMA Medical!