



NORTH WESTERN VASCULAR 59 HOLMES ROAD MOONEE PONDS PRE & POST PROCEDURE PATIENT INSTRUCTIONS

BEFORE PROCEDURE

- **Notify this office if you are on any anticoagulants such as Warfarin or Xarelto**
- **Underarms must be shaved the night prior to MiraDry treatment. Avoid nicks, cuts or abrasions as the treatment will not be performed**

ON DAY OF PROCEDURE

- ✓ Wear comfortable clothing and a loose singlet top with large arm opening
- ✓ The treatment will take approximately 1 ½ hours, allow to be here for up to 2 hours
- ✓ MiraDry Consent Forms will need to be signed prior to treatment commencing
- ✓ Payment is required at the time of procedure
- ✓ Patients can be accompanied by another person if preferred
- ✓ Patients are able to drive following miraDry treatment
- ✓ Ask for a Medical Certificate if required

POST PROCEDURE

It is normal for the underarms and surrounding areas to feel numb for several hours after the procedure. Refer to your MiraDry Consent Form. If you have any concerns contact our office immediately.

To assist in recovery the following is required

Ice the treated areas for 10 minutes every hour (ice packs will be given to you). Wrap the ice packs in paper towelling to prevent frostbite as the skin is still numb and you may not feel the full effects of the ice. Continue to ice the underarm area over the next few days to reduce swelling. Swelling can last for up to 2 weeks.

A non prescription anti-inflammatory medication such as ibuprofen (Nurofen) will reduce the normal inflammation and discomfort that usually occurs for a few days after the procedure.

Keep the underarms clean while they are healing from the procedure. **Use gentle liquid soap to cleanse the underarms twice a day for 3 days (or longer if necessary).**

Avoid shaving the underarms until the tenderness has subsided to a suitable level of comfort.

Avoid antiperspirant/deodorant for the first few days.

Avoid any rigorous/strenuous activity for a few days after the procedure.

Avoid strenuous exercise or heavy lifting for one week or longer if necessary.

Wear loose clothing for the next few days to prevent underarm irritation.

NORTH WESTERN VASCULAR 59 HOLMES ROAD MOONEE PONDS
PH: 03 9372 9999

Avoid Laser Hair Removal for 3 months after MiraDry as underarms need to be completely healed with no residual lumps or swelling.

Some minor side effects can last for several weeks such as swelling in the arm or torso, altered sensation (numbness or tingling) in the skin of the treated area or arm, redness or bruising in the underarm or adjacent area. Other minor side effects that may last longer are lumps under the arms, a tight banding under the arm, darkening of the skin or altered sensation in the skin around the treated area. These should gradually disappear over time. Partial hair loss may be long term.

You should contact North Western Vascular if you

- Develop signs of infection or if the treated area appears to be getting worse
- Are experiencing significant pain that is not relieved by the recommended pain medication
- Develop severe swelling, redness or bruising that is not resolving
- Experience any weakness or tingling in the arm muscles or fingers
- Have developed small blisters in the treated area
- Are concerned about your recovery in general

NB: Mr Roger Bell can be paged via the Monash Medical Centre after hours by calling 9594 6666 if urgent

PLEASE NOTE THAT IF URGENT MEDICAL ATTENTION IS REQUIRED AND YOU CANNOT CONTACT NORTH WESTERN VASCULAR YOU WILL NEED TO ATTEND YOUR NEAREST EMERGENCY CENTRE

