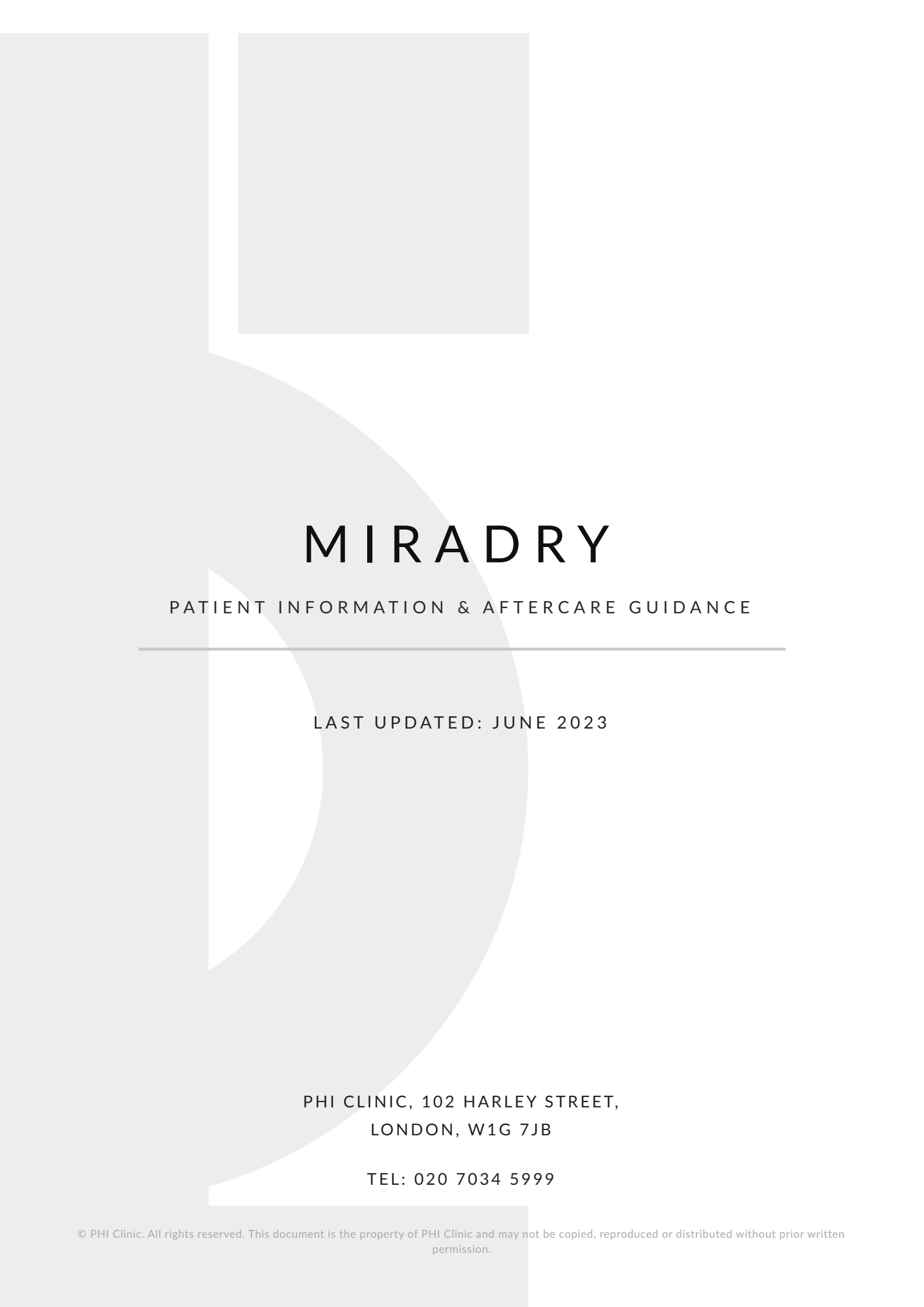




MIRADRY

PATIENT INFORMATION & AFTERCARE GUIDANCE

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MIRADRY INFORMATION

WHAT IS MIRADRY AND HOW DOES IT WORK?

The MiraDry procedure is a system that delivers a controlled delivery of ultrasound energy through a vacuum to safely and effectively destroy sweat glands in the underarm area. You will typically see a reduction in underarm sweat immediately after one procedure session. Two to three procedures can often be required to maximize the results and duration especially in more severe cases. The treatment will begin with our clinician marking the skin of your underarm with skin markers or temporary ink. Local anesthetic will be used to numb the area prior to the procedure. When the anesthetic is injected, you may feel a pinch or stinging sensation with each injection. Once your skin is numb, the staff will place the MiraDry device on your underarm skin on the marked area. Once the device is positioned and is turned on you will feel suction or pressure of the skin, which will be repeated multiple times to cover the whole area.

HOW OFTEN SHOULD I HAVE TREATMENT, AND HOW MANY WILL I NEED?

Two treatments are recommended to see maximum results and length of treatment. Your clinician will advise you on how many treatments they feel you need as well as the time period between each treatment.

WHAT RESULTS CAN I EXPECT?

You will typically see a reduction in underarm sweat immediately after one session. In controlled clinical trials patients' received an average of 82% reduction of sweating to the area. Like any other medical procedure, results can vary from patient-to-patient, so be advised that large reductions may not occur in every single case.

PRE-TREATMENT INFORMATION:

Please shave or clip the hairs to the underarm region prior to arriving at the clinic. If you have not shaved, your hair may be clipped or shaved which allows for ease of treatment. Please organize your route home as we advise to refrain from driving following treatment. Loose fitting comfortable clothing is advised post treatment. Please eat 1 hour before treatment. If you have a fear of needles or have fainted during a blood test please make your practitioner aware as a needle is required to have this treatment in order to administer the local anaesthetic.

POST PROCEDURE AFTERCARE

You should start to notice a reduction in underarm sweat almost immediately after the procedure. On average, the procedure will effectively reduce the underarm sweat by up to 82% after two treatments.

MEDICATIONS ADMINISTERED PRE OR DURING TREATMENT:

Routinely you will have been administered lidocaine 2% and adrenaline 1mg/ml in a sterile saline solution to the underarm area. This will improve your comfort during treatment and will typically last 1-4 hours post treatment.

WHAT TO EXPECT AFTER TREATMENT:

- It is normal to feel numb to the underarm and arms for several hours after the procedure
- Swelling and tenderness may persist for 2 weeks after the procedure
- The sensation has been reported similar to that of holding two golf balls under each arm
- Immediately after the procedure, an ice pack is placed onto the treated area to help reduce swelling and sensitivity. It is important to ice the area for the next few days post-procedure to help bring down the swelling
- A non-prescription anti-inflammatory medication such as ibuprofen will reduce the normal inflammation and discomfort that usually occurs for a few days after the procedure
- Keep your underarms clean while they are healing from the procedure. Use gentle non perfumed body wash to cleanse the underarms twice a day
- Avoid shaving until the tenderness has subsided enough for your comfort level
- Avoid applying antiperspirant/deodorant within the first few days. Do not apply over any broken skin, such as nicks from shaving
- Wear a loose top for the next few days to prevent underarm irritation
- Avoid any heavy lifting, vigorous exercise or excessive arm movements for 1-2 weeks

POSSIBLE SIDE EFFECTS TO TREATMENT INCLUDE:

- Swelling
- Tenderness/numbness
- Redness/ bruising
- Itching
- Bumps under the skin

- Partial hair loss
- Darkening of the skin
- Post inflammatory hyperpigmentation
- Mild burning sensation in the treatment area or extending down the arm
- Numbness in the treatment area or extending down the arm

RARE SIDE EFFECTS INCLUDE:

- Small blisters may develop in the treatment area
- Banding – temporary restriction of normal ease of mobility of arm movements
- Infection

PLEASE NOTIFY THE CLINIC SHOULD YOU EXPERIENCED THE FOLLOWING:

- Develop signs of infection (increasing swelling, pain, heat or surrounding redness) or if the treated area appears to be getting worse
- Experience pain that is not relieved by the recommended pain medication listed above
- Develop severe swelling, redness, or bruising that lasts for more than 2 weeks
- Experience any weakness in your arm muscles or fingers

Should you need any further advice, or would like to book in for your next session of treatment, please call **0207 034 5999**, alternatively, you can email us at **info@phiclinic.com**