**Miradry**

**Don’t I need sweat glands?**

Not in your armpits! Of the 2 million sweat glands throughout your body, your underarms only contain 2% of those glands. miraDry stops sweating in the underarm, but you continue to sweat elsewhere, allowing your body to cool down normally while exercising or in hot environments.

**What is Miradry?**

A non-invasive aesthetic procedure that treats axillary hyperhidrosis or excessive underarm sweating while also eliminating odour-producing glands.

**How does it work for hyperhidrosis?**

The procedure uses thermal energy that creates heat on the area to eliminate sweat and odour glands. It targets the area where the sweat glands are placed and destroys them while cooling the area simultaneously to make the process as comfortable as possible for you.

**What is the procedure like?**

The underarm is numbed with local anesthesia. The procedure is then performed and is completely comfortable for most patients. There are no incisions or cuts. The procedure takes about an hour from beginning to end.

**What results can I expect?**

You can expect an immediate and lasting reduction in sweating. Once removed, sweat glands do not come back or regrow. An average of over 80% sweat reduction is achieved in one treatment. Results vary from person to person. Most patients achieve their goals in one treatment. About 25% – 35% of patients have a second treatment to improve their results. Very rarely (<3% of patients) there is minimal improvement in sweating.

**Is there downtime?**

Most patients take a day after the procedure to ice the area, relax and recuperate. Exercise is typically resumed within several days. Patients generally use non-steroidal pain relievers like ibuprofen (Advil/Motrin) for a few days. Swelling of the underarm, arm or chest, numbness, bruising, sensitivity, and nodularity in the treated area are common for several days post-treatment.

**Are there significant side effects?**

miraDry treatment has a strong safety record. Soreness, swelling, and nodularity may occasionally last a few weeks or longer. Very rarely cordlike thickening in the underarm, tingling or weakness of fingers, burns causing scarring, and infection/abscess formation have occurred and have resolved with time.

**Who should not have the miraDry procedure?**

You should not have miraDry if you are pregnant, breastfeeding, have an active infection, form keloid scars, have significant scar tissue or surgical scars in the underarm area, have difficulty with or allergy to local anesthesia (lidocaine with epinephrine), have a cardiac pacemaker or other electronic implant, have cysts or hidradenitis suppurativa, have radiation injury of the underarm area. It is recommended not to have miraDry if you are currently on Accutane (isotretinoin) or are within 6 months post accutane treatment.

**Is the treatment painful? Is it safe? How long will the treatment take?**

Local anesthesia is administered to the underarms prior to the treatment for patient comfort. The treatment is absolutely safe and has been proven to dramatically reduce underarm sweat. The procedure could be completed in an hour.

**How many treatments I need before I see results and how long will it stay?**

You can expect an immediate and lasting result in as little as one treatment.