



Pacific Clinic



POST-PROCEDURE INSTRUCTIONS

❖ **AFTER THE TREATMENT:**

- ☐ 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.
- ☐ Wait a few days before resuming rigorous exercise and activity.
- ☐ Wear clean, loose-fitting tops to avoid underarm irritation for the next few days.
- ☐ Refer to your consent form for a list of side effects. Your side effects should be resolving daily. If side effects become worse, call your provider.

❖ **TYLENOL & IBUPROFEN DOSING GUIDELINES**

☐ **TYLENOL DOSING OPTIONS**

- 325mg 1-2 tabs every 6hrs as needed for pain
- 500mg 1-2 tabs every 6hrs as needed for pain



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☐ NSAID (Non-steroidal Anti-inflammatory Drugs) OPTIONS***

- Ibuprofen (Motrin, Advil) 200mg 3 tabs every 6hrs as needed for pain
- Aleve 220mg 2 tabs every 12hrs as needed for pain

Do Not take NSAIDS if any of the below apply to you

- Currently on a blood thinner medication
- History of Chronic Kidney Disease
- History of stomach ulcers
- Allergy to NSAIDs
- You have been advised by a Physician in the past to avoid NSAIDs

❖ MANAGING COMPLICATIONS

☐ Pain, Swelling and Mild bruising

- Ice your armpits with an ice pack wrapped in a towel or paper towels for 20-30 mins as needed
- Take OTC pain relievers as recommended above

☐ Infection of the armpit and/or skin

- Monitor for swelling, redness, pus-like discharge, fever, chills, body aches
- Contact our clinic to schedule a close follow up or be seen in a local Urgent Care immediately

☐ Allergic Reaction

- Rare reaction to possibly local anesthesia
- Most commonly presents as localized skin irritation and itching
- Serious Reaction would include
 - Swelling of the face, lips, tongue, neck, throat
 - Shortness of breath
 - Chest tightness
 - Palpitations or elevated heart rate

***You should be immediately evaluated in a local Urgent Care or the Emergency Room if you develop an allergic reaction.