



Pacific Clinic



PRE-PROCEDURE INSTRUCTIONS

❖ 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.

- Medications – stop the following
 - Aspirin
 - Natural Supplements (Gingko, Fish Oil, Olive Tree Extract, etc)
 - Prescribed Anticoagulants (Pradaxa, Eliquis, Xarelto, Plavix, Isocover/Co-Placix, Brillinta, Warfarin)
 - Contact your prescribing provider to discuss whether its is safe for you to hold these medications for a few days

❖ 1 DAY BEFORE TREATMENT:

- Do not wear any deodorant or antiperspirant.



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❖ DAY OF TREATMENT:

- 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.

- Arrive 15 mins prior to your scheduled MiraDry appointment

- Our receptionist will check you in, confirm your procedure & accept payment

- Plan for the procedure to last about an hour.