miraDry

miraDry Patient Questionnaire

Patient Initials: _____ Date: _____

Hyperhidrosis Disease Severity Scale

"How would you rate the severity of your hyperhidrosis?"

◯ 1	My underarm sweating is never noticeable and never interferes with my daily activities
◯ 2	My underarm sweating is tolerable but sometimes interferes with my daily activities
◯ 3	My underarm sweating is barely tolerable and frequently interferes with my daily activities
◯ 4	My underarm sweating is intolerable and always interferes with my daily activities

1. How many wetness outbreaks have you had in the last week? (Choose one)

☐ None ☐ 1-2 ☐ 3-5 ☐ More than 5

2. How severe of a problem is your underarm wetness? (Circle one number)

1 2 3 4 5 6 7 8 9 10

1 = Not a problem 10 = Severe problem

Patient Initials: _____ Date: _____

For office use only:
Please specify at what point the questionnaire was provided to patient

☐ Baseline – Before procedure

☐ Post Treatment Follow up: Select one: ☐ 30 days ☐ 60 days ☐ 90 days Other:_____

Treatment 1 Date:_____ Treatment 2 Date:_____

miraDry Procedure Consent
miraDry Procedure for Excessive Underarm Sweating

The miraDry procedure is a highly controlled delivery of energy designed to safely and effectively reduce sweating in the underarm area. You will typically see a reduction in underarm sweat immediately after one procedure session; two procedures are typically required to maximize the results and duration. In controlled clinical trials between 70% and 90% of subjects saw a significant reduction in their underarm sweat, and virtually all the subjects achieved some reduction. Patients continued to show a dramatic reduction of sweat when tracked 12 months after the procedure. 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.

Procedure Description

The miraDry procedure is performed in our office, under the supervision of our dermatologists. You will be asked to shave both underarms prior to a procedure visit. If you have not shaved, your hair may be clipped or shaved. This allows for ease of treatment.

You will be lying down on your back for the procedure, with your arms positioned above your head on a special support. At the start of each miraDry procedure, the staff will mark the skin of your underarm with markers or temporary ink. Injectable anesthetic is 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. Multiple injections into the skin are used in each underarm to make the procedure more comfortable.

Once your skin is numb, the staff will place the miraDry device on the marked underarm skin areas. Once the device is positioned, the miraDry System will be turned on. You will feel suction of the skin and you will hear tones and beeps that indicate to the operator that the energy is being delivered. This will be repeated multiple times. If you begin to feel significant discomfort or pain during the procedure either in the treatment area or your arm, please alert the provider immediately.

After the procedure is complete, the staff will clean the treated area. You should apply an ice pack to the underarm area after the procedure to reduce potential swelling. You can then return to your normal activities, although we recommend avoiding any vigorous arm activity for several days.

IF YOU HAVE A HEART PACEMAKER OR OTHER ELECTRONIC DEVICE IMPLANT, IF YOU USE SUPPLEMENTAL OXYGEN OR HAVE HAD PRIOR PROBLEMS WITH THE LOCAL ANESTHESIA (LIDOCAINE WITH EPINEPHRINE), PLEASE LET US KNOW.

Risks and discomforts:
The following represent the more common side effects observed within or near the treatment area that can last between a **few days to few weeks** (unless otherwise noted):

- Swelling in the treated area
- Temporary altered sensation or tingling in small areas of the treated skin or upper arm (can last for up to several months)
- Discomfort, tenderness or pain in the underarm when touched (treatable with non-prescription medications such as ibuprofen)
- Redness from the device suction
- Bruising at the numbing injection sites
- Bumps under the treated skin (that can last for up to several months)
- Partial underarm hair loss (may be long-lasting)

Less common reports of undesired effects include the following:

- Swelling in the adjacent arm or torso lasting up to several weeks
- Hyperpigmentation (darkening of skin) in the treatment area
- Soreness in the shoulders or arms due to procedure positioning
- Numbness or tingling in the arm due to the anesthesia, lasting less than 24 hours
- Shaking due to epinephrine in the anesthesia, lasting less than 24 hours
- Tight band in the underarm (gradually resolves)
- Small blisters or rashes in the treatment area

There have been rare reports of the following:

- Altered sweating elsewhere on the body
- Decrease in strength in the arm or fingers that gradually goes away (can last up to several months)
- Pain in the underarm requiring prescription medications
- Infection/abscess
- Burns

The miraDry procedure, including but not limited to it's nature, purpose, risks and alternatives has been fully explained to me. I have had the opportunity to ask any and all questions and I have had any and all questions answered to my satisfaction and I have read and understand the information listed here.
I now authorize Dr. Strimling or assistant to begin my miraDry treatment.

_____

Patient's Name Patient's Signature Date

_____

miraDry Staff / Provider Signature Date

miraDry Pre-procedure Patient Instruction

4-6 days BEFORE miraDry Procedure:

- 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.

What to wear the DAY of the procedure:

- Easily cleaned top with loose arm holes
- For women – eg. tank top, sports bra, camisole
- For men – eg. tank top or no shirt

What to Expect:

- Your procedure will last 60 – 75 minutes.
- You are welcome to bring a portable music player and earphones to listen to during the procedure.
- After the procedure, be advised that you will have swelling and redness in the treated area for a few days to a few weeks.
- Your doctor will likely recommend a mild pain medication and repeated icing for a few days to minimize the swelling and discomfort that some patients experience.
- You must keep the treated area clean (wash with water and gentle liquid soap) and wear loose fitting tops for the next few days.
  Avoid shaving or applying antiperspirant/deodorant for the next few days.
- Avoid any rigorous activity for several days post procedure.
  If you normally exercise heavily, wait a few days before resuming your exercise routine.

miraDry Post-procedure Patient Instructions

You have just taken a big step towards reducing your underarm sweat!

There are a few things you should know.

- You should notice a reduction in the amount of your underarm sweat almost immediately after the procedure. Most patients report a dramatic reduction, but not complete elimination, of their underarm sweat.
  In a recent clinical study, the average sweat reduction was 82% after two treatments.
- It is normal for the underarms and surrounding areas to feel numb for several hours after the procedure; sometimes this numbness can also be felt in the arms for a few hours.

To assist in the recovery, we recommend the following:

- Immediately ice the treated area. (Wrap the ice packs in a towel to prevent frostbite as your skin is still numb and you may not feel the full effects of the ice.)
  Continue to ice for the next few days to reduce swelling which may last up to 2 weeks.
- 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 liquid soap to cleanse the underarms twice a day.
- Your underarms could be tender for up to two weeks as they heal from the procedure.
  - 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.
- Apply an over-the-counter antibiotic ointment to prevent infection.

Other minor effects can last several weeks such as: swelling in the arm or torso; altered sensation (numbness or tingling) in the skin of the treated area or the arm; redness or bruising in the underarm or adjacent area. Other minor effects that may last longer are bumps you can feel under the skin, darkening of the skin, and altered sensation in the skin in and around the treated area. These should gradually disappear over time.
Partial hair loss may be long-term.

Though less common, it is possible that some small blisters may develop in the treatment area. Keeping these areas clean and applying an over-the-counter antibiotic ointment such as Polysporin ointment can speed the healing process and prevent infection.

You should call your doctor if you:

- develop signs of infection (increasing swelling, pain, heat or surrounding redness) 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 getting better after two weeks
- experience any weakness in your arm muscles or fingers