

BOTULINUM TOXIN FOR HYPERHYDROSIS PRE AND POST CARE

Excessive sweating, also known as hyperhidrosis, is when you sweat more than you might expect based on the surrounding temperature or your activity level or stress. Hyperhidrosis can affect your entire body or just certain areas, particularly your underarms, palms, soles, face and even intimate areas. You may be a candidate for botulinum toxin if your sweating fails to improve with prescription antiperspirants. Botulinum toxin has been FDA-approved for people who sweat excessively from their armpits, but it may also be used “off-label” to reduce sweating in other areas. The botulinum toxin temporarily paralyses the nerves in the injected area which means that the surrounding sweat glands do not receive the signals that initiate sweating.

Pre Care Instructions

- If you are able to, avoid blood thinning medication one week prior to procedure as these increase your risk of bruising. These include: over the counter medications such as Aspirin, Brufen, Voltaren, other anti-inflammatory medications, vitamin E, niacin and omega-3 fatty acids. Panado is acceptable to use.
- Please notify your doctor if you are using prescription or non-prescription blood thinners so extra precaution can be taken to avoid bruising.
- **Aesthetic Options Tip:** Take Zinc supplements to increase the effectiveness of Botulinum Toxin. Zinc is necessary for Botulinum Toxin to attach to nerve receptors.
- **Contraindications:** Pregnancy and breast feeding.
- Other contraindications include rare neurological conditions, for example: Motor Neuron Disease, Myasthenia Gravis and Lambert-Eaton Syndrome. Please inform your doctor if you have any questions about this.

Day of Treatment

- Arrive 30 minutes earlier if you would like topical anaesthetic cream to be applied – this will make the treatment more comfortable.

Post Care Instructions

- Do not rub the area for 6 hours following your treatment.
- Avoid any massage or pressure to the area for 4 days as this may disrupt the placement of the toxin.
- Refrain from vigorous exercise and excessive heat such as heated workouts, saunas, steam rooms and hot baths for 24 hours.
- Avoid shaving the underarms for two days post procedure.
- Your treatment will take effect anywhere from 2-14 days.
- A complimentary two week follow up appointment is advised. Our doctor will check your treatment outcome to confirm if any areas need extra dosing.
- **Expected results:** The manufacturers of Botulinum Toxin report the average duration of results when the target is the eccrine sweat glands to be approximately 4-7 months. This is patient dependent. It is important to maintain regular injection intervals to maintain an optimal aesthetic result and prevent returning to your original pre-treatment condition.