



Hyperhidrosis care instructions

Hyperhidrosis is a disorder that defines individuals who sweat more than the body would normally need to maintain optimal temperature. We offer two options: botox and Ultherapy/ HIFU. **Botox** will usually last 6-12 months

ULTHERAPY/HIFU will usually be permanent. This is a new off label application that is much better tolerated than dermadry.

PRE TREATMENT CARE

- Shave the area to be treated the day before, not the same day
- Clean the area with soap on that morning
- We will use a strong topical anaesthetic. If in contact with your eyes, rinse and advise us.

POST TREATMENT CARE

Ultherapy/HIFU

Bruising, mild tingling and numbness is normal. Otherwise, there is no special after care treatment. You should get a permanent reduction of 50-90% of sweating after one treatment.

Botox

- After injections of Botox® for Hyperhidrosis, you can expect: local redness around the treated area, bruising and/or swelling, may last from 2 to 5 days post treatment. It will appear to get a little bit worse on day 2.
- Wash the area gently, twice daily with soap until it is no longer inflamed (i.e. 2-5 days).
- Avoid the use of antiperspirants or body creams for 48 hours.
- Refrain from "high sweating" activities such as running, aerobics, weight lifting, for 48 hours.
- If however, the areas appear to be getting worse, apply hot compresses for 15 min 3-4 times a day followed by applying polysporin ointment.
 - o Please call the office if:
 - Red, sore areas do not resolve or exceed 1cm in diameter
 - Any open areas develop

If you have any questions, concerns or experience any problems, please call our office at 613-749-4668.