

Suffering from hyperhidrosis? Don't sweat - we've got you covered!

IN THIS MONTH'S COLUMN, PORTSTEWART FAMILY DENTAL PRACTICE EXPLAINS
HOW BOTOX CAN BE THE ANSWER FOR EXCESSIVE SWEATING.

So summer is on its way, and we are all looking forward to warmer temperatures. However for some people it's also a tricky time of year.

Hyperhidrosis is the medical term for excessive sweating. It is most commonly associated with the axilla (armpit), but it can affect other parts of the body too. If you're sick of embarrassing sweat

patches and want a hyperhidrosis treatment, Botox for hyperhidrosis may be the answer.

WHAT CAUSES EXCESSIVE SWEATING?

Excessive sweating can be due to a variety of reasons and the most common reason is the genetic predisposition. Apart from there are secondary causes like hyperthyroidism, diabetes, or neurological disorders such as Parkinson's disease.

Hyperhidrosis can be classified into two types mainly:

- **Primary hyperhidrosis:** The majority of people who have excessive sweat production have a genetic inclination for hyperhidrosis and include 30-50% of the affected population*. In the majority of these patients, the cause is unknown.
- **Secondary hyperhidrosis:** The condition may also arise due to an underlying health condition. The most common diseases causing excessive sweating include hyperthyroidism, obesity, adrenal gland disorders, and Parkinson's disease.

Botox is used to treat Hyperhidrosis. The best treatment for secondary hyperhidrosis is to treat the underlying cause, which will normally reduce the excessive sweating, if that is not possible eg. in Parkinson's disease, Botox can be used to improve the excessive sweating.

If you have new hyperhidrosis, we recommend that you seek advice from GP in first instance so that causes of secondary hyperhidrosis can be ruled out.

HOW TO STOP EXCESSIVE SWEATING?

At PFD we treat hyperhidrosis using Botox injections. This is a quick and straightforward



method, which is highly effective and can be life changing for those who are troubled by excessive sweating.

When used to treat axilla (underarm) hyperhidrosis, Botox in the armpits is administered via a series of injections to prevent the sweat glands from excessive sweating. The treatment takes

approximately 30 minutes. This is a safe, well-established procedure that has been used for many years both in the NHS and private clinics.

HYPERHIDROSIS TREATMENT FAQS

What should I do before botox armpit treatment? For Botox in armpit treatment please arrive to appointment with shaved underarms (both males and females) and wearing a dark coloured loose-fitting top. You will need to expose the area for treatment, so a vest or sleeveless top is recommended. Deodorant can be worn to the appointment and will be removed by Michele prior to Botox injections.

What should I do after botox armpit treatment? Avoid tight-fitting top over the area and avoid white T-shirts or tops immediately after treatment as there may be marks from the treatment which can stain clothing. Avoid consuming alcohol or taking aspirin, or nurofen in the 24 hours before or after your treatment. You should avoid applying deodorant on the day of treatment or after for up to 12 hours. You should avoid a hot bath or shower for 12 hours after treatment.

How can I stop excessive sweating?

Excessive sweating (hyperhidrosis) can be stopped by injecting Botox in the armpits which like the hands and feet, tend to sweat more than other body parts.

How does botox stop excessive sweating?

Botox injection block the signals for perspiration at the sweat glands and this stops the excessive sweating.

Does botox for hyperhidrosis stop underarm sweating immediately? You should notice an improvement within roughly 7 days (results may vary from one person to the next).

How long will my botox for hyperhidrosis result last? Effects usually last for around five to six months. When you begin to notice the result wearing off you can normally use driclor or another similar product to extend the result.

What are the side effects of botox for hyperhidrosis treatment? Using Botox injections to treat hyperhidrosis is a safe, well-established procedure with minimal risk. Common side effects of injecting Botox include bruising and swelling at the injection site, but these are temporary and should disappear within 48 hours of the procedure.

Is botox for excessive sweating safe for me? It is firstly important to investigate why you are having excessive sweating as it may be an indication of an underlying condition – so we recommend you see GP when you first develop this symptom who can determine the cause of your excessive sweating. Treating the underlying condition if one is established to be causing hyperhidrosis may then solve or reduce the problem.

Do not undergo this treatment if you are:

- Pregnant
- Breastfeeding
- Allergic to any of the ingredients in Botox
- Living with a neuromuscular disorder (such as myasthenia gravis)

We will not inject Botox for treating hyperhidrosis if there is an infection at the injection site.

TREATMENT PRICE BOTOX HYDERHIDROSIS

100 UNITS : £300.00

At Portstewart Family Dental,
you're in safe hands