

HYPERHIDROSIS – EXCESSIVE SWEATING

Pre & Post Treatment Instructions

The following is a guideline, if you have any queries, please contact us.

Pre-Treatment Care

- Please do not wear deodorant or apply any cream to your underarms prior to treatment.
- To minimise the risk of bruising:
 - Avoid aspirin or aspirin containing products for a week before the procedure.
 - Avoid alcohol for 24hrs prior to your treatment.
 - Make sure you discuss with your practitioner any bleeding tendencies and current medications being used.
- Get a good night's sleep before the procedure.
- You may take paracetamol half an hour before the procedure and if necessary, to minimise discomfort, a topical anaesthetic cream may be applied 10 minutes before treatment, please discuss this with your practitioner.

Post-Treatment Care

- Immediately after the treatment there may be slight redness, swelling, tenderness and an itching sensation in the treated area. This is normal reaction following injection. The discomfort is temporary and generally resolves within a day or two. If it continues or if other reactions occur, please contact our clinic.
- Other reactions are very rare and include inflammation of the injection site. This reaction may need treatment but generally resolve within a few days.
- 4-6 hours after treatment the area can be gently washed with soap and water.
- After 24 hours, deodorant may be applied.
- Avoid rubbing/massaging the treated area for 7 days.
- Although the treatment is well tolerated by most patients, you may take paracetamol for any discomfort. It is best to not take aspirin, aspirin –containing medication, Ibuprofen, Nurofen or other anti-inflammatories for 24 hours after treatment as this may increase bruising.
- Avoid strenuous exercise (perspiring) for 24 hours following treatment. You may otherwise resume normal activities.
- Alcohol should also be avoided for 24 hours after treatment.
- If your skin swells or bleeds easily, plan to go home and apply ice to the area(s) for a few hours.
- Until the initial swelling and redness have resolved, do not expose the treated area to intense heat (e.g. solarium and sunbathing).
- Botox/Dysport takes 3 to 5 days to begin to work. **The Botox/Dysport treatment can take up to 2 weeks to reach optimal results.**
- The result of your treatment is NOT permanent. You may find that your result will last approximately 3 – 6 months and sometimes even longer. The treatment must be repeated to maintain result.