

Important information about your treatment with Botox® for Axillary Hyperhidrosis (excessive sweating of armpits) I

Please read this carefully. This advice is aimed at helping you to achieve the best result after your treatment, with minimal discomfort and side effects.

Axillary hyperhidrosis is the term used for excessive sweating of the armpits. It is a surprisingly common complaint, and other than being a nuisance, it can be socially embarrassing for many people. There is more than one treatment for the condition, and Botox® is one of them, and will generally be offered as an option for treatment when other treatments have been tried. The commonest first line treatment recommended is aluminium chloride antiperspirants, available at the pharmacy as Anhydrol Forte® or Driclor®. These are usually available as a roll-on. These can take a few weeks to work by gradually blocking the sweat ducts thereby blocking the outflow of sweat. They can be tried initially, once at night only, for 10-14 days and if helpful then reduced to once weekly. However they can cause irritation to the skin, and instructions for their use must be followed carefully. If this is not tolerated, or if it is not helpful, then Botox® may be recommended.

Botox® is a medicine and must be considered as a medical treatment and is therefore prescribed on a named patient basis. It is licensed for use in patients with axillary hyperhidrosis. It is a protein derived from the botulinum toxin and has been safely used for a number of medical conditions, and in the cosmetic industry for over 20 years. When used for sweating, a dilution of Botox® is injected in small amounts just under the skin of the armpits, where it is directed at the sweat glands. You will usually require approximately 20 injections into each armpit and a small raised area will be seen with each injection point. It can be a little uncomfortable but is usually tolerated well. Before your treatment your practitioner will ask you some questions aimed at judging the severity of your sweating and how it affects your quality of life, and if any other treatments have been tried.

You should begin to experience the effects of the Botox® anytime from 2 days to 4 weeks after your treatment. You should not have any further treatment for at least 3-4 months. On average you will require repeat treatment every 6 months, and with repeated treatments sometimes longer. A small number of people do not respond to Botox treatment, or may only experience its effects for much shorter periods, and this cannot be predicted.

Botox® is a safe treatment for axillary hyperhidrosis and can be very effective. However, as with any medicine there can be a number of side effects but most of these are rare. Side effects include:

- Pain, redness, swelling or bruising at the injection sites (common, as with all injections)
- Flu-like symptoms, headaches
- Infection at the site of injection
- Aching muscles or weakness in muscles near the armpits (due to the small risk of the toxin dispersing into adjacent muscles)
- Generalised muscle weakness (rare)
- Allergic reactions such as itching or a rash
- Severe allergic reactions are very rare, and include difficulty in breathing, swallowing or speaking
- You may experience more sweating in another area of the body

You will be asked to read the Botox® information leaflet carefully.

Important information about your treatment with Botox® for Axillary Hyperhidrosis (excessive sweating of armpits) II

To prepare for your treatment:

***Do not use deodorant for 24 hours before, and for 24 hours after your treatment.**

***Shave or trim armpit hair at least 24 hours before your treatment.**

Do not use aluminium chloride antiperspirants for at least 2 weeks before your treatment

Immediately after treatment:

You may have some slight bleeding, swelling, bruising or pain at the injections sites. This should settle over the next few minutes to hours. If bruising is severe then this may take up to a week to settle.

Headaches are common after Botox® treatment. Paracetamol should help this, and any other mild discomfort that you may experience.

Don't rub or massage the treated area, to avoid the dispersing the Botox® into the wrong areas, and to avoid infection at the injection sites.

There are a number of other things that are important to avoid after your treatment:

For 12 hours after treatment:

- **Avoid alcohol consumption**-this can cause excessive bruising
- Don't exercise

For 2 weeks after treatment

- Avoid extreme sun exposure/UV light/sunbeds
- Don't have saunas or massages
- Avoid freezing temperatures

Should you have any questions please contact your practitioner