

## **Excessive sweating/Hyperhidrosis**

Hyperhidrosis is excessive sweating.

This is treatable with Botulinum Toxin A on a temporary basis or depending on the area involved with different surgery permanently.

Treatment of hyperhidrosis:

The sweat glands are innervated by nerves which use acetylcholine as a neurotransmitter; Botulinum toxin A cleaves the proteins that are required for the release of acetylcholine.

The drug is injected in the skin of the area most affected by the hyperhidrosis after local anaesthetic is administered on an outpatient basis and is effective from about day 7-14 for approximately 4- 6 months.

This treatment is suitable for excessive sweating in the armpits, hands or feet.

### **Surgical treatment of hyperhidrosis:**

By removing the sweat glands surgically under General Anaesthesia the treatment becomes permanent. This treatment is only suitable for excess sweating in the armpits. You will have two small hidden scars and have a small drain (plastic tube to remove excess fluid from the area) on either side, which is removed the same day or possible the next, though you can go home the same day.

You will go home with painkillers and antibiotics and are advised not to exercise vigorously for the next two weeks.

Excessive sweating of the armpits and hands can also be treated surgically by dividing the sympathetic chain in the chest, but this is done by a Thoracic surgeon only.

The potential complications from surgery for hyperhidrosis are:

- A bleed, which necessitates your return to theatres for the blood to be removed
- Infection (very rare)
- Incomplete resection of the sweat glands