



CATHERINE M  
AESTHETICS



# Hyperhidrosis

(Underarm Sweat) The extra stuff you may want to know!

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## Downtime

There is no downtime. You may return to daily activities after your treatment provided you follow your post-care instructions. Bruising and swelling can last up to 7 days.

## Results Last

Typically results last up to 6 months, however, some people have found that their results last longer than this up to 12 months.

## Risks & Adverse Effects

Like receiving any neurotoxin injections, there is a small risk of allergic reaction to the product. The most common side effects following treatment (occurring in 3% to 10% of patients) included injection site pain and bleeding, sweating in other parts of the body, flu-like symptoms, headache, fever, itching, and anxiety.

# How Does It Work?

Botox can be used to disable the eccrine and apocrine glands and prevent them from producing and secreting sweat from the body. Small doses of Botox are injected in a grid pattern to the affected area which blocks the actions of the nerves that supply the sweat glands, which can prevent the glands from producing sweat.

## Contraindications

- 1 Pregnancy and breastfeeding
- 2 The presence of an active skin condition in the treatment area
- 3 Known allergy or insensitivity to any botulinum toxin
- 4 History of/or active neuromuscular disease



# FAQ's

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## What is a Botox for Hyperhidrosis session like?

During the procedure, a very fine needle is used to inject tiny amounts of Botox just under the skin throughout the area of excessive sweating (in a grid pattern, approximately every 1 to 2 centimeters.) To ease any potential discomfort, I will use one or more of a number of anesthetic techniques such as nerve blocks, ice, or vibration analgesia.

## What results can be expected from Botox for Hyperhidrosis?

When used to treat underarm excessive sweating, Botox has been shown to result in an 82-87% decrease in sweating.

## How many units do I need for treatment under both arms?

A typical treatment session uses between 60 and 100 units per underarm for a total of 120 to 200 units per session. According to Allergan Botox cosmetic, in treating adult patients for one or more indications, the maximum cumulative dose should not exceed 400 Units, in a 3-month interval.

