



enhanced aesthetics

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## Primary Axillary Hyperhidrosis

The patient considered for treatment of this problem has usually had a history of excessive sweating of the axillae for at least three years, which has been confirmed by clinical observation and an iodine starch test.

The starch test is carried out using an iodinated starch powder, which is dusted on the surface of the axilla area(s) or painting the areas with iodine and then dusting with starch (e.g., cornstarch). This, in contact with the sweat, turns a dark purple and a map is drawn to indicate the positive areas of each axilla. There is no discomfort with this portion of the procedure and the purple color will easily wash off with alcohol. A map of the planned injection sites is drawn on both a paper map and the areas to be treated.

Injections are then carried out with sterile, safe, botulinum toxin type A (**Botox®**) by **Allergan**, in the axillary areas found positive on the starch test. Injections are carried out with a #30 (tiny) needle, usually about 2.0 cm apart, and about 50 units (or whatever is indicated) is the approximate total used in each area, injected in approximately 20 injection sites. While both axillary areas may be treated if desired after the starch test, we often inject one axilla at a time. With this protocol, the dose for the second side can be regulated depending on the result in the first. The dose may be increased if the anhidrotic effect is too small, or may be reduced if any side effects are too unpleasant.

Before injections, a topical analgesic, such as **Quadricaine** or **L•M•X4™**, is applied to the area. This is done about thirty minutes before the injections. In addition, the surface is cooled by placing it under a cool pack to help further numb the area. If particularly painful, regional anesthesia can be used.

The risks and potential problems with the procedure include discomfort with the injections (which gradually decreases but which may last ten days). There occasionally is some swelling, which is best treated by applying ice to the area. There occasionally may be some temporary weakness but this is usually minimal. If sweating continues in some areas, it is an indication of the need for more **Botox®** then, and at the time of any subsequent injections. We like each patient to evaluate their results as:

1. no sweating
2. some improvement, or
3. sweating as much as before treatment.

There is a possibility that during the procedures some sweat glands may be missed, resulting in some sweating in those areas. If this happens, it is important to let **Dr. Kerry** know so that he can evaluate these areas and perhaps "fill in" the gaps with additional injections.

Follow-up in the office is mandatory in two and four week intervals initially. It may take two weeks to see the full effect. If more **Botox®** is indicated, this can be carried out at the two-week return visit. The second axilla can also be done at that time. **Botox®** does not cure Hyperhidrosis and your symptoms will gradually return necessitating follow-up injection (7-16 months) to maintain dryness. Results usually last six months and occasionally can last two years. The median is ten months.

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