

# Information for patients and carers

## Botulinum Toxin Type A Injection for Axillary Hyperhidrosis

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

## What is Axillary Hyperhidrosis?

Axillary hyperhidrosis is excessive sweating of the armpit area (more than the body needs to excrete). You have been diagnosed with primary hyperhidrosis which means there is no underlying cause and your sweating is not related to social anxiety. You may have tried various topical treatments which have not worked. You have discussed with the vascular team how your condition severely affects your quality of life. The vascular consultant has referred you for Botulinum Toxin Type A injections.

## Botulin Toxin Type A Injection

The injections work by temporarily blocking the nervous system that supplies the sweat glands. This reduces the amount of sweat produced in the armpit area.

## Preparation

24 hours prior to your appointment you need to shave your armpits. Do not apply deodorant on the day you are attending for your injections. It is advisable to wear a dark coloured top to your appointment. This is because we use a skin marker on the area to be injected and this may stain your clothing.

## Procedure

The area to be injected will be cleaned. A sterile pen will be used to mark out a grid area where the injections will be given. You will be given 20 injections into each armpit area just under the skin. You will then be observed for 15 minutes after in the waiting area to assess for potential adverse reactions.

## Benefits

The benefits are that the botulinum will reduce sweating in the armpit area and improve your quality of life.

## How long will Botulinum help my sweating?

Results are variable between patients. Improvement is usually seen rapidly within the first two of weeks. The duration of the effects is also variable. The botulinum injections can be administered every 16 weeks.

### You cannot have Botulinum Toxin Type A injections if:

- You are pregnant, trying to become pregnant or breast feeding
- You are allergic to Botulinum
- You or someone in your family suffer with certain neurological conditions

## Aftercare

You can resume your normal activities straight away. The armpits need to be kept dry and should not be cleansed or have deodorant applied to them for 24 hours. There may be some mild side effects including pain, temporary paralysis in muscle groups in the affected area, bleeding, flu-like symptoms, infection and compensatory sweating. You can take mild analgesia such as paracetamol if required.

## Contact details

If you have any queries pre or post procedure you can contact the vascular nurses on **01772 523757** between 9am–5pm Monday to Friday excluding bank holidays. If advice is needed outside of these hours, please contact your GP or NHS 111.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

<https://www.sweathelp.org/>

<https://www.hyperhidrosisuk.org/>

<https://www.nhs.uk/conditions/excessive-sweating-hyperhidrosis/>

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[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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Our patient information group review our leaflets regularly, if you feel you would like to feedback on this information or join our reading group please contact on email address:

[patientexperienceandinvolem@LTHTR.nhs.uk](mailto:patientexperienceandinvolem@LTHTR.nhs.uk)

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