



SKIN INSTITUTE

0800 SKIN DR (0800 754 637)



Botulinum Treatment for sweating

What is botulinum toxin and how does it reduce sweating?

Botulinum toxin is a natural purified protein that prevents nerves activating sweat glands, reducing sweating in the treated area. Brand names are Botox and Dysport. Both brands are approved to treat excess armpit sweating, and can be used under Section 29 to treat excess sweating of the palms of the hands, and soles of the feet.

What can treatment with botulinum toxin do for me?

Treatment with botulinum toxin will reduce your sweating for four to six months. Studies show sweating was reduced by at least 50% in 94% of people after treating their armpits. Treatment won't eliminate all your sweating. Treatment may improve, but doesn't eliminate armpit odour. Treating your armpits or hands is more reliable at reducing sweating than the soles of your feet.

Who should not have botulinum toxin for sweating?

You should not have treatment if you have myasthenia gravis or motor neurone disease, are pregnant or breast feeding, or have skin infection at the treatment site.

What happens during a sweating treatment?

First, we may do a 'starch iodine test'; applying iodine, sprinkling with starch, and taking a photo of your sweat pattern, which shows up as a black colour. Next, we gently inject the botulinum toxin into treatment area. It takes three to four days to begin taking effect, and two weeks for full effect. Sometimes the area is completely dry and sweat-free for one to two weeks, before some sweating returns.

Does it hurt?

Yes, the tiny injections can sting a little. To maximise your comfort, we can use numbing cream and ice. Hands are particularly sensitive and will need numbing.

Are there any side effects?

You may get a temporary bruise, redness, swelling, or tenderness in the treatment area. A headache after treatment is possible. Rarely, with hand treatment, you may notice temporary hand weakness or reduced grip strength lasting two to four weeks. Infection is extremely rare but possible.

What should I do before and after treatment?

1. If having your armpits treated, please shave them 24 hours before treatment.
2. Don't wear deodorant on the day of treatment, as we want to see where you sweat. You may re-start wearing deodorant the day after treatment.
3. After hand treatment, please avoid situations that could increase risk of infection for 24 hours after treatment, such as digging in the garden without gloves.

If you have further questions, please feel free to contact the clinic on:

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or Emergency After Clinic Hours:

Patient's Initials