

What Are The Possible Side Effects Of Botox?

The most common side effects of Botox injections are; Sweating in sites other than the arm pits, swelling, stinging and pain in the injection site, you may also experience headaches and hot flushes.

Less common side effects include; nausea, itching, temporary muscle weakness and pain, joint stiffness and pain within the arm pit.

Support Groups and further Information

There is a support group on the internet for Hyperhidrosis which gives information regarding alternative treatments or if you require any other information:

www.hyperhidrosis.org

British Association of Dermatologists:

www.bad.org.uk

DermNet NZ:

www.dermnet.org.nz

Contact us

If you have any questions or need to cancel your appointment please contact the doctors secretary on the below ticked number:

01744 646609 - Dr.....

01744 646610 - Dr.....

01744 646613 - Dr.....

01744 646614 - Dr.....

01744 646688 - Dr.....

St Helens Hospital
Marshall Cross Road,
St Helens, Merseyside, WA9 3DA
Telephone: 01744 26633

 /sthnhs  @sthnhs
www.sthk.nhs.uk

NHS

St Helens and Knowsley
Teaching Hospitals
NHS Trust

Botox Injections for Hyperhidrosis

This leaflet can be made available in alternative languages / formats on request.

如有需要, 本传单可提供其他语言/版式
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona w innych językach/formatach.

Author: Nurse Specialist
Department: Dermatology
Document Number: STHK0916
Version: 4
Review date: 01 / 09 / 2024

Why Have I Been Referred for This Treatment?

Your Consultant has diagnosed you with **Axillary Hyperhidrosis** (excessive sweating of the armpits) and referred you for Botox injections.

Please read this leaflet before coming into hospital for your treatment.

You will not be able to have Botox injections if you are:

- **pregnant,**
- **considering becoming pregnant,**
- **breast feeding**
- **or have been diagnosed with any muscular or**
- **heart disorders or**
- **are taking anticoagulant drugs.**

What is Hyperhidrosis ?

Hyperhidrosis is the medical term for excessive sweating.

This occurs in approximately 1% of the population and is due to the body's nervous system over triggering the sweat glands causing too much sweating.

Do I Need To Do Anything Before Coming In For The Injections?

Please shave under your axillae (arm pits) the day before your appointment and avoid deodorant on the morning of your Botox treatment.

How Are The Injections Given?

Your axillary areas will be cleaned with a solution; this will be followed by a series of small injections into the skin.

The needles are very fine and the amount injected each time is tiny.

Although there is some stinging to the area, the whole process takes approximately 20 minutes and is not too uncomfortable.

Will I need To Take Extra Care After The Treatment?

Please avoid strenuous exercise and the use of under arm deodorants for a period of 24 hours after your Botox injections.

How Does The Botox Work?

Botulinum Toxin, otherwise known as "BOTOX" is a preparation of protein which, when small doses are injected into the skin, blocks the nerves supplying the sweat glands, preventing them from producing sweat.

How Long Will The Botox Work for ?

Botox is not a permanent cure and some people may get greater benefit than others.

In Hyperhidrosis, Botox helps to stop or greatly reduce the symptoms.

This will usually happen within two weeks of treatment and the effects may last between six and seven months.

If you find the treatment has helped you, it can be repeated, this will give you the greatest benefit.

Under the NHS you will be allowed a treatment every 12 months, continuation of this treatment will depend on local NHS funding.

You may wish to seek further Botox treatment in the private sector.