

INVIOCARE APS - PALÆGADE 4, 3.TH. - 1261 COPENHAGEN K - DENMARK  
TEL.: +45 51881534 / EMAIL: CPH@INVIOCARE.COM / VAT DK37231304



**Patient guidance**

**Sweat treatment with Botox**

**With best regards**  
**Elisabeth H. Taudorf**  
**Specialist in skin and venereal diseases**

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Excessive sweating, also called *hyperhidrosis*, can be debilitating and a great nuisance for the individual.

It is natural to sweat and the production is one of the body's mechanisms to regulate body temperature. However, some people sweat profusely, which can be annoying and inhibiting in everyday life. Often the tendency to sweat is localized to the armpits, but you can also sweat on the hands, feet, back, stomach and shoulders.

For most people who suffer from hyperhidrosis, the cause is hereditary.

One of the most effective and safe treatments for hyperhidrosis is treatment with botulinum toxin, also called Botox. Botox blocks the signal between the autonomic nervous system and the sweat glands. When the signal is blocked, the sweat glands receive no stimulus from the nervous system, resulting in the sweat glands stopping producing sweat. The effect of the treatment is temporary, and must be maintained approximately 2-3 times a year for most people.

#### **Before treatment**

Preliminary examination and indication assessment always take place with a specialist doctor.

According to cosmetic treatment legislation, the area must be photographed before the treatment is started.

#### **The treatment**

Before injection with Botulinum toxin, the treatment area is disinfected- botulinum toxin with a thin needle, completely superficially under the skin. The treatment can be associated with slight discomfort, and for those who want it, we offer local anesthetic cream before treatment.

#### **Post processing**

After the treatment, it is important not to massage or press the treated area for the first 4-6 hours, so that the toxin does not spread to places other than those intended. Do not use deodorant/creams for 12 hours after treatment. In addition, vigorous exercise is not recommended for the rest of the treatment day.

The effect starts to appear 4-6 days after the treatment and the full effect is achieved after 14 days. The effect disappears again after 3-6 months, after

which the treatment can be repeated. If the effect is not sufficient, there will be the possibility of a touch up treatment after 14 days, however this is rarely necessary. (Note: a touch up fee of DKK 1000 is charged).

#### **Side effects**

There may be minor transient discomfort in relation to the injections, such as slight redness, swelling, bruises, itching or reduced sensation at the injection site. Other side effects are rare and occur in between 1 and 10 out of 1000 patients. A few experience a rash, fatigue or headache in the first few days and very rarely short-term mild flu-like symptoms are seen. Serious allergic reactions in the form of anaphylaxis shock are extremely rare and require prompt treatment. There is a risk of infection at the injection site, which manifests itself as increasing redness, heat or swelling a few days after the injection and may require treatment with antibiotic ointment or tablets. No known late sequelae have been reported.

As the effect of botulinum toxin wears off over a period of 3-6 months, the side effects mentioned above will disappear sooner or later within this period.

#### **Precautions**

The treatment is not given to pregnant women, breast-feeding women, with a known allergy to ingredients in the solution ( botulinum toxin, human albumin, lactose, sodium succinate ), or if you have certain rare neuromuscular disorders diseases (e.g. myasthenia ). If you take medicines of the aminoglycoside type (against certain infections), penicillamine (for certain connective tissue diseases), quinine (for restless legs or malaria) or calcium blockers (e.g. for high blood pressure, heart pain or heart rhythm disturbances) the botulinum toxin effect can be enhanced.

#### **Information and consent**

Before you receive treatment, and after reading through the written information, you will additionally receive oral information about the treatment and have the opportunity to ask questions.

A companion is always very welcome to be present both for consultation and treatment.

Re-consultation is necessary after 12 months.