



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Botox (Botulinum toxin) For Axillary Hyperhidrosis

Information for patients, relatives and carers

① For more information, please contact:

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What is Axillary Hyperhidrosis?

Axillary hyperhidrosis is excessive sweating of the armpits. Sweating occurs due to stimulation of the sweat glands by the nerves that supply them. The level of sweating varies between individuals. Even for normal individuals it can increase under certain conditions such as stress, excess heat and exercise. Hyperhidrosis is the term used when sweating is great enough to cause problems, either medically or socially.

Why have I been referred for this treatment?

Your consultant has diagnosed you with axillary hyperhidrosis which has not responded to antiperspirants. You have therefore been referred for Botox injections. These injections can help where your sweating is interfering with your daily life and other underlying causes have not been identified.

How do Botox injections work?

Botox injections temporarily block the chemical signals from the nerves that stimulate the sweat glands. It can take up to one week for the Botox to start working properly and the effects may last up to six months. There is a possibility that the treatment may not work – this will be discussed with your consultant if this were to happen.

What does the treatment involve?

A nurse or doctor in the dermatology department of York Hospital will carry out the procedure. The treatment involves multiple small injections into the skin of the armpit. A local anaesthetic cream can be applied to the armpit one hour before your treatment to reduce discomfort.

What are the benefits with this treatment?

You should benefit from a reduction in excessive sweating of your armpits.

Are there any side effects from this treatment?

For most patients the treatment is very well tolerated. You may experience additional sweating in sites other than the armpits. You may experience some soreness, irritation, tingling, bleeding, and localised infection as the integrity of the skin has been broken. There is a small risk that there will be temporary numbness under the arms. You may also experience headaches and hot flushes.

You will not be able to have Botox injections if you are pregnant or breast feeding.

After Care Advice

You may resume normal activity immediately after treatment. Please refrain from using deodorants and shaving your armpits for 24 – 48 hours after treatment.

Contact details

York Clinic:
01904 726629
Monday to Friday 8am – 5.30pm

Further Information

www.hyperhidrosisuk.org

British Association of Dermatologists:
www.bad.org.uk

DermNet NZ:
www.dermnet.org.nz

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Lois Alderson, Sister, Dermatology Department, the York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726629.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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或發電

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