

# Hyperhidrosis

## Pre and Post Treatment Instructions

### Pre Treatment Instructions

- For underarms, please shave or trim hair at least 24 hours prior to your appointment
- please refrain from wearing antiperspirant 1-2 days before your treatment
- It is recommended to discontinue the use of Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week before and after treatment to minimize bruising or bleeding. Please consult with your primary physician prior to discontinuing any medications.
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours before and after your treatment. (All of these factors may increase risk of bruising and swelling).
- If you develop a cold / flu, cold sore, blemish, or rash, etc. in the area to be treated prior to your appointment, we recommend that you please reschedule your appointment until it resolves.

### Post Treatment Instructions

- Avoid strenuous exercise for 48 hours; all other normal activities may be resumed as normal. Avoid massage or rubbing the treatment area.
- Please refrain from wearing antiperspirant for at least 24 hours after your treatment
- You may shower as normal but avoid full submersion in water such as baths, pools, hot tubs for a full 24 hrs after treatment.

- Avoid Aspirin, Motrin, Gingko Biloba, Garlic, Flax Oil, Cod Liver Oil, Vitamin A, Vitamin E, or any other essential fatty acids at least 3 days to 1 week after treatment. These items may increase bleeding and bruising.
- Ice (but avoid firm pressure) for 15 minutes 3 times the day of treatment - You may take Acetaminophen/Tylenol if you experience any mild tenderness/discomfort
- Avoid alcohol, caffeine, Niacin supplement, high-sodium foods, high sugar foods, refined carbohydrates, spicy foods, and cigarettes 24-48 hours after your treatment. These items may contribute to increased swelling or irritation.
- You may develop mild bruising and or sensitivity around the injection site .This will resolve within the first week after treatment.
- Please report to your provider if any increased pain, increased swelling, redness, blisters, or itching immediately, should it occur following your treatment.
- Your results will appear gradually over the period of 3-10 days.