Excess sweating – hyperhidrosis

Sweating is one of the most important ways in which the body loses heat.

We sweat more after exercise, increased alcohol, coffee, tea or spicy foods, smoking, and when anxious or stressed. This is usually uncontrolled and not socially or personally convenient.

What is hyperhidrosis?

Hyperhidrosis means excessive sweating. People with hyperhidrosis produce sweat in amounts far greater than needed to control their temperature, to the extent that they may have to change their clothes and wash several times a day. They feel socially embarrassed.
Hyperhidrosis may primarily affect the armpits, the palms of the hands or the soles of the feet. We most commonly treat excess armpit sweating.
Antiperspirants are a first-line treatment but for a more long-lasting result and if these don't control the problem, Botulinum toxin injections may be used.
Botulinum toxin (Botox ® is the one I tend to use) used medicinally is a synthetic highly purified protein which blocks signals to sweat glands. The Medicines and Healthcare Products Regulatory Agency (MHRA) has licensed this drug for cosmetic use and for the treatment of excessive sweating.

What are the advantages?

Botox ® is very efficient at reducing excessive armpit sweating. Several days after treatment there is a significant reduction in the amount of sweating that will generally last between 3 to 5 months. The injections can be repeated as necessary.

How does the treatment work?

Small amounts of Botox® are injected into the armpit skin in an outpatient setting. It is not the most comfortable procedure, but no anaesthetic is required.
When injected into the skin, Botox® blocks the actions of the nerves that supply the sweat glands, this prevents the glands from producing sweat.

How long does a treatment last?

The effects of treatment last for several months (usually 3 to 5) but eventually they will wear off. This is because the body eliminates it after a few months.

Are there any side effects?

The needles used are very fine to minimize the discomfort during the injections. Mild swelling or redness may occur in the treated areas, Some patients complain of temporary increased sweating elsewhere on the body.

Dermal fillers

Dermal fillers are various anti-wrinkle procedures to help fight the signs of ageing without resorting to surgical facelifts.

Why fillers?

As you age, you lose volume in all layers of your face: you lose bone, fat and skin thickness. The skin envelope of your face then sags and everything looks slightly out of place and flat.

The point of fillers is first to add volume in deep layers, thereby lifting the face to a better position. In addition some of the fillers can be injected just under the skin to hydrate the skin and make it look more youthful, or into the lips to make them plumper.

What type of fillers are used?

The fillers must last long enough but not be permanent (because of infections), not induce allergic reactions, not be too painful to inject and feel as natural as possible. There are numerous types of fillers.

I like the *Juvéderm* range of fillers. They are synthetic hyaluronic acid fillers and come in different thicknesses to suit different skin types.

Hyaluronic acid is found naturally in skin and plays an important moisturising role, giving it elasticity and tone. It is the gradual reduction in this natural hyaluronic acid which contributes to skin aging.

How do you know which anti-ageing treatment to have?

You need to have a personalised free consultation and diagnosis to discuss what you wish to achieve. If you are over the age of 50 and/or have lost a lot of weight or a lot of facial volume, you may need more filler to restore your original volume.

After the consultation, another appointment will be made for the treatment itself. This involves injecting the Juvederm with a very fine needle. The process is usually painless, but for the lower face you may wish some local anaesthetic cream for increased comfort.

What happens after the injection?

You should refrain from going into a swimming pool or putting makeup for 12 hours in order to reduce the chance of infection.

After the injection, you may observe some swelling, particularly around the lips.

The results are visible immediately but over the next couple of weeks, they will gradually improve as the *Juvederm* hydrates the skin and returns volume and form.

Because hyaluronic acid is a normal skin constituent, the body will gradually break it down over the next year, and you may wish to come back for a top-up.

Skin resurfacing

We are currently working on the information for this page, please call or email for more information.