

Hyperhidrosis

Generalised Hyperhidrosis

- Rule out hormonal conditions eg menopause, diabetes, hyperthyroidism.
- Can occasionally be treated with anticholinergic drugs such as propantheline and glycopyrrolate (small dose gradually increased but side effects can be severe)

Localised hyperhidrosis - try

- Aluminium chloride
 - Ensure skin dry before application
 - Use twice daily
 - It can induce inflammatory reaction – if so
 - reduce application time
 - apply eumovate ointment
- Formalin solution
 - for soles of feet to harden skin and block sweat glands
- Solutions of anticholinergic drug glycopyrrolate
 - sometimes systemic side effects due to absorption
- Iontophoresis = method of passing small electric current through electrolyte solution
 - can be effective for palms of hands and soles of feet and pads for axillae
 - equipment for home use can be bought for a few hundred pounds
 - dermatology clinic offers trial of treatment before purchase - needs referral

Other treatments

- Botox not available under NHS
- Sympathectomy - very rarely performed because of compensatory hyperhidrosis
- Surgery to remove sweat glands not available under NHS