

## Hyperhidrosis Treatment Aftercare Sheet

### What to expect:

- Bruising, redness and swelling are common side effects, and may be uneven. This will improve gradually over 7 days.
- It can take up to two weeks for the full effect - please be patient up until this point to assess your results
- You may experience some discomfort or tenderness at the treatment area for 2-3 days. Please take over-the-counter pain relief (paracetamol) as necessary for this.
- Small lumps may be present. These generally resolve gradually over 4 weeks.

### Post-care Instructions

- Apply cold compress gently to the treated area to reduce swelling and bruising.
- Do not apply deodorant for 24 hours post treatment
- Do not lie down for 4 hours post treatment
- Refrain from rubbing, massaging, touching and applying pressure to the treated areas for 4 hours post treatment
- Please avoid applying makeup or topical products to the treated site for at least 4 hours to reduce the risk of infection. We recommend waiting until the following day to resume applying makeup/products
- Avoid strenuous exercise for 24 hours to reduce the severity of swelling and bruising.
- Refrain from hot showers and other high temperature environments for 48 hours to reduce swelling. This includes, spas, saunas, hot yoga, steam rooms.
- Abstain from excessive alcohol for 48 hours to reduce the risk of bruising.
- Delay any non-urgent invasive dental procedures for 2 weeks to reduce the risk of infection.
- Avoid airplane travel for a minimum of 2 days
- Avoid UV exposure to the area for 48 hours post treatment