



## POST CARE INSTRUCTIONS FOR NEUROTOXIN TREATMENT FOR HYPERHIDROSIS

1. The treated area may have small red dots or bumps, “mosquito bites”, from the areas of injection. These will fade within 30 minutes, to a few hours at most. A small ice pack may be applied to help facilitate the resolution of these bumps.
2. The treated area may feel sore and tender for the first day or two.
3. Bruising is always possible. Icing immediately after treatment can help. We also recommend Arnicare gel to be used immediately after treatment and for the next few days if there is bruising potential.
4. For the next 24 hours, avoid the following: strenuous exercise, excessive heat and/or rubbing of the treated area.
5. You may resume using deodorant as normal starting the following day.
6. The effects of your treatment take **2 WEEKS** to fully settle. You may notice a difference as early as one week, but it will take 2 weeks for full effect.
7. You may still experience some sweating, but we expect sweating to be significantly and noticeably reduced.
8. Sometimes additional treatment is needed to achieve optimal results.
9. Results should last 9-12 months. For some patients this is shorter, for others it is longer. Once the toxin wears off, your condition will return as this is not a permanent treatment.
10. Please follow up with our office should you have any questions or concerns.