

## BOTOX FOR HYPERHIDROSIS OF THE UNDERARMS – INSTRUCTIONS

### BEFORE THE PROCEDURE

- Both women and MEN must shave the underarms 24 hours prior to procedure. (Men may alternatively trim the hair very short).
- Do not apply antiperspirants or deodorants the morning of the Botox procedure.
- Plan on coming to your Botox appointment with a dark-colored shirt that is machine washable. The shirt will be removed for the procedure, but you may rarely get small bleeding spots after the treatment which could discolor your clothes. We recommend that women wear a dark-colored tank top or camisole that can be left on during the procedure.

### AFTER THE PROCEDURE

- After the Botox injections, you may gently clean and dry your underarms or other treated area with a mild soap or cleanser.
- You may resume normal activity immediately (including shaving).
- You may begin to experience results within 2-5 days. Full effectiveness is achieved at 7-8 days. If needed, you can continue to use other antiperspirant treatments.
- For most patients, Botox injections last 6-12 months before retreatment is needed.