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Excessive sweating, medically known as hyperhidrosis, involves overactive sweat glands. When sweating becomes excessive it can be embarrassing, uncomfortable, stressful, and disabling. Excessive underarm sweating can disrupt many aspects of a person's life, from career choices and recreational activities to relationships, emotional well-being, and self-esteem.

The following information explains how BOTOX® treatment for excessive underarm sweating works and what is involved with the treatment.

### **What is hyperhidrosis?**

Hyperhidrosis, or excessive sweating, is a condition that affects millions of people around the world. Uncontrolled sweating can occur in various parts of the body including the hands, feet, or underarms. Although high temperatures or stress can increase perspiration, they don't cause hyperhidrosis. Hyperhidrosis may be an inherited trait or physiological condition that stops the body from properly regulating its temperature.

### **What is BOTOX® treatment?**

BOTOX® is a natural, purified protein that temporarily blocks the release of a chemical that signals perspiration, helping to reduce excessive sweating. The active ingredient in BOTOX® treatment is derived from bacteria in much the same way penicillin is derived from mould. It is manufactured in sterile laboratory conditions.

BOTOX® is a prescription-only medicine and treatment is only available from a qualified medical professional. It is registered for the treatment of severe axillary hyperhidrosis (excessive underarm sweating).

### **How does BOTOX® treatment work?**

BOTOX® can be used to treat excessive underarm sweating by targeting sweating at its source. Once injected by your doctor, BOTOX® enters the specific glands in the underarms responsible for excessive sweating. There, it blocks the release of a chemical that signals the body to produce perspiration.

### **What does BOTOX® treatment involve?**

BOTOX® treatment is a non-surgical procedure whereby a small amount of BOTOX® is administered into the skin of the armpits by a trained medical professional using a very fine needle. Generally, the procedure takes around 20 minutes. Discomfort is typically minimal and brief, and although the injection may sting for a few seconds, normal activities can be resumed soon after.

After the injection, it takes about 7 days for the BOTOX® treatment to take full effect.

### **How long does BOTOX<sup>®</sup> treatment last?**

After the first treatment, the effects of BOTOX<sup>®</sup> last on average of 7 - 8 months. However, the amount of time BOTOX<sup>®</sup> remains effective may vary from person to person. When your symptoms begin to return, see your doctor.

### **Are there any side effects?**

In addition to its use for treating hyperhidrosis, BOTOX<sup>®</sup> treatment is used to treat a variety of conditions, including cerebral palsy in children and movement disorders (head, neck, shoulder and face).

As with all medicines, BOTOX<sup>®</sup> may cause some side effects. In the amounts used for the treatment of hyperhidrosis, the side effects are usually temporary and localised to the area of injection. The most common side effects for primary hyperhidrosis are a perceived increase in sweating in areas other than the underarms, pain at the injection site, pain, hot flushes, and transient arm weakness. If you have any questions about side effects, please ask your doctor.

### **How long has BOTOX<sup>®</sup> been used?**

BOTOX<sup>®</sup> treatment has been used in Australia and New Zealand in therapeutic treatments for over 15 years. It was first approved for use in Australia for movement disorders (eye & face) in 1993 and for eye spasms and crossed eyes in New Zealand in 1991.

BOTOX<sup>®</sup> is a registered trademark of Allergan, Inc.