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Axillary Botox Pre & Post Treatment Care Sheet for Hyperhidrosis

Before Treatment

- Avoid the use of Aspirin, NSAIDS, and certain vitamins/supplements such as fish oil, St. John's wort, ginkgo, evening primrose oil, garlic, feverfew, and ginseng for 2 weeks before your treatment as they will increase your risk of bruising.
- Do not drink alcoholic beverages 24 hours before (or after) your treatment.
- You may take *Arnica montana* tablets (an over the counter supplement) 2-3 days prior to your appointment to reduce the risk of bruising.
- Shave underarms and do NOT use over-the-counter deodorants or antiperspirants for 24 hours before your appointment.

After Treatment

- You may have temporary purple discoloration of the skin after treatment (because of the iodine-starch test), which will wash off over 1–2 days with regular showering/bathing.
- Do not massage the treated areas on the day of treatment.
- Avoid applying heat to the treated area on the day of treatment.
- Avoid activities that cause flushing on the day of treatment, including hot tub or sauna use, exercising, and tanning.
- Gently apply a cool compress or wrapped ice pack to the treated areas for 15 minutes every few hours as needed to reduce discomfort, swelling, or bruising. If bruising occurs, it typically resolves within 7–10 days.
- After treatment, oral consumption and/or topical application of *Arnica montana* may help to reduce bruising and swelling.
- Botox treatment effects for hyperhidrosis take 1–2 weeks to fully develop and last approximately 6 months.
 - If 2 weeks after treatment you feel that you require a touch-up, please contact our office.

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