

Information on Iontophoresis treatment for Hyperhidrosis

What is hyperhidrosis?

Hyperhidrosis is a condition where a person suffers from excessive sweating. Sweating usually occurs from the armpits, hands or feet. It is not known why the sweat glands over produce sweat, however it is linked to increase activity of the sympathetic nervous system. The sympathetic nervous system controls the function of organs in the body, including sweat glands.

Treatments for hyperhidrosis include; Iontophoresis, surgery (sympathectomy) or botox injections.

Why use Iontophoresis?

Iontophoresis is a therapeutic treatment which uses the ions in tap water to block the sweat glands via a small electrical current. Benefits of Iontophoresis are; not painful, will not damage your sweat glands and it is minimally invasive.



Before an Iontophoresis Session

In order to have Iontophoresis you will need to have an appointment with Dr Sieunarine to discuss all hyperhidrosis treatments avail-

able. You will need a referral from your GP. Your appointment with Dr Sieunarine will be bulk billed directly to Medicare.

There is no other preparation needed for an Iontophoresis session. You will need to inform West-Coast Vascular of any previous medical history or surgery you have had.

Iontophoresis Session

During a session you will be asked to place your feet or hands into trays of warm water whilst the current is passed through the water. For the armpits a small sponge is placed under the arm whilst the current is passed through.

The current is controlled throughout the entire session. The skin will be sensitive for the first few sessions, you will be able to handle higher currents as you proceed through your treatment plan. The highest current you will be exposed to is 20mA.

A session for underarms, feet and hands takes 20 minutes.

After an Iontophoresis Session

After a session you can resume normal activities. For the underarms there may be a little irritation or swelling. Apply a light moisturiser with aloe vera and the swelling will reduce over a day or so. If you are concerned please contact the office on (08) 9386 9855.

Session Frequency

Initially seven sessions will need to occur over the first month, as demonstrated in the table below. Subsequent sessions should be scheduled as the area begins to feel clammy.

Week 1	Week 2	Week 3	Week 4
Day 1	Day 8	Day 15	Day 22
Day 2	Day 11		
Day 4/ 5			

Results will vary between each individual. Some will cease sweating after four treatments and others it could take all seven. It is recommended that all seven sessions are initially completed.

Precautions

Iontophoresis is not to be used if you are pregnant, have a cardiac pacemaker, or any implants.

All jewellery, piercings and clothing with metal will need to be removed. The current does not travel past the neck; braces, fillings and earrings will not need to be removed. If you are having underarms done please bring a singlet top with you as you cannot wear a bra with an underwire.

If there are any breaks in the skin Vaseline will be applied.

Microbruising can occur if the current is too high for your skin. If you feel pain at any time during

the session ask for the current to be reduced. It should not be painful at any time during the session.

Children can have Iontophoresis

Children under the age of 16 can have Iontophoresis. However they will need medical and parental consent before treatments occur.

Treatment prices

Unfortunately Medicare does not offer a rebate for any iontophoresis treatments as it is classified as an elective treatment. Private health care varies for individuals, you will need to contact your health care provider for rebate information.

Session prices are as below. They are subject to change without prior notice. Sessions start from \$65 depending on what treatment is necessary. For more information and package pricing please call the office on (08) 9386 9855.

Further Information

If you would like more information about hyperhidrosis and treatments please contact the office on (08) 9386 9855 or email reception@westcoastvascular.com.au. Alternatively our website www.westcoastvascular.com.au has addi-

tional information and the International Hyperhidrosis Society. The International Hyperhidrosis Society is a society designed to give more information on hyperhidrosis and how to seek treatment, the website is www.sweathelp.org.



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'State wide, evidence based
comprehensive vascular
solutions'

Hyperhidrosis: Iontophoresis treatments

*Information for patients under the
care of Dr Kishore Sieunarine*

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