



HYPERHIDROSIS CLINIC

The Hyperhidrosis clinic is a specialised clinic set up to manage patients with excessive sweating. We offer a variety of treatments that will be discussed with you at consultation. Iontophoresis with glycopyrrolate is an option offered at the Skin Health Institute and has restricted use in Victoria.

HYPERHIDROSIS – WHAT TO LOOK FOR

Hyperhidrosis is the excessive production of sweat. It most frequently affects the hand and feet and underarms.

Symptoms usually start in adolescence and can have a significant impact on quality of life.

DURING THE HYPERHIDROSIS CLINIC

Patients are referred to the Clinic and will have an appointment made for a consultation with our specialist Consultants.

At your appointment we will perform an assessment of your excessive perspiration, a sweat test and obtain a thorough medical history.

We ask you to fill out quality of life questionnaires when attending clinic as well as sweat testing to get an objective assessment of your condition.

THE CLINIC TEAM

The Hyperhidrosis team consists of consultant dermatologists, dermatology registrars and dermatology nurses at the Institute.

ATTENDANCE

Your type of treatment dictates your frequency of review appointments. Patients are generally reviewed in the Hyperhidrosis Clinic every three months. This may vary according to the individual and the complexity of issues involved in the various treatments.



IONTOPHORESIS

Iontophoresis is the passage of a mild electric current through an earthed bath of glycopyrrolate solution. The hand and foot on the same side of the body are treated together, and this is then repeated for the opposite side.

Patients control their own current amplitude while assisted by a Registered Nurse and the sensation achieved is akin to a stinging nettle sensation. Mild side effects from glycopyrrolate such as dry throat and eyes lasting up to 24hrs occasionally occur.

Appointments for Iontophoresis run in 30 minute blocks and clinic times are restricted. Due to popularity it is advisable to have appointments booked in advance. You will have review appointments as advised by your doctor to ensure Iontophoresis treatments proceed as planned.

A bottle of glycopyrrolate lasts for five treatments and a new bottle is purchased once five treatments have been completed.

Session costs are kept as low as possible. Health fund refund is possible but only for the purchase of glycopyrrolate.

The first five treatments require weekly attendance and subsequent visits depend on how many days of dryness are achieved with each treatment.

The maximum number of treatments is one per week. Treatment after 5:30pm is available but limited. Advanced bookings are required for these sessions and we request cancellations be notified as soon as possible to allow others access to these limited times.

BOTOX

Botox works by blocking the communication between the sympathetic nerves and the sweat glands.

Clinical studies show that Botox injections produce a 80 - 90% reduction in sweat production. For most people it lasts for approximately six months.

A sweat test is performed to mark out the problem areas and very fine gauge insulin needs are used to administer the treatment.

Usually no analgesia is required. Botox injections have a well-documented safety profile, and are used in a wide variety of medical conditions such as cerebral palsy.

OTHER INFORMATION

On the day of your appointment, please ensure that you bring along:

- Medicare Card / Veterans Card
- Pension / Health Care Card
- List of your current medications

Getting to the Skin Health Institute

There is metered parking available in the streets close by, and all-day parking at the Melbourne Museum off Rathdowne St. Parliament Station is our nearest train station. Our nearest tram stops are:

- Melbourne Museum (route 86 and 96)
- St Vincent's Plaza (routes 11, 12, 109)
- Swanston St/Queensberry St (routes 1, 3, 5, 6, 16, 64, 67, 72)

Walk through Carlton Gardens to find us on the corner of Drummond St and Queensberry St.