



Hyperhidrosis

Hyperhidrosis is excessive perspiration involving the feet, hands, underarms, or other areas.

Suggestions for the Feet:

- Wear 100% cotton socks and change twice a day.
- Powder your feet with Zeasorb AF powder (over the counter) daily.
- Wear unlined leather or canvas shoes or sandals.
- Do not wear the same pair of shoes two days in a row.

How to Use Drysol:

- Dry the affected area of skin totally; use a blow dryer (cool setting) if necessary.
- Apply Drysol at night and leave on for six to eight hours.
- Wash off the Drysol the next morning.
- **Once perspiration is controlled, cut back using Drysol one to two times per week.**
- If nightly treatment after two weeks has not helped, occlude Drysol with gloves for the hands or plastic wrap for the feet and under the arms.
- Do not apply Drysol within 24 hours of shaving the under arm; apply only in the hair-bearing areas. Use cortisone cream if irritation develops.
- If irritation persists, change to Xerac AC instead of Drysol.

Other more complex treatments may be considered in severe, unresponsive cases (surgery, iontophoresis, Botox injections).

If you are interested in iontophoresis, visit www.drionic.com, or call (310) 820-5881.

For Questions or Emergency Care:

Call the office at **601-815-3374**. You may need to speak with the doctor on-call.