

About Dr Lindsey Crockett

Dr Lindsey Crockett is a practicing GP and aesthetic doctor with a wealth of expertise in conventional and cosmetic treatments for both the face and body. She provides a personal, comprehensive, non-surgical cosmetic and anti-ageing treatment service. Free consultations include a full medical assessment during which information as to suitability and options are provided in a clear and honest way.



Dr Lindsey Crockett
MEDICAL AESTHETICS

Excessive Underarm Perspiration



Hyperhidrosis

What is Hyperhidrosis?

Hyperhidrosis means excessive sweating. Sweating is one of the most important ways in which the body loses heat; however people with hyperhidrosis produce sweat in amounts far greater than needed to control their temperature.

What are the causes?

There are two types of hyperhidrosis: focal (*affecting specific parts of the body i.e. armpits, palms and soles*) and generalised which affects the whole body. Generalised hyperhidrosis is less common and is usually caused by an underlying illness such as infection, diabetes or thyroid dysfunction, and stops when the illness is treated.

What is Botox® and how does it work?

Botox® is licensed for the treatment of axillary (*armpit*) hyperhidrosis and has been used for other medical conditions since 1973. When small amounts are injected into the skin, Botox® blocks the actions of the nerves that supply the eccrine glands; this prevents the glands from producing sweat.

What happens during the treatment?

The initial consultation will include thorough assessment of the condition by the doctor. This is imperative in order to confirm focal hyperhidrosis and exclude any other underlying conditions which could need further investigation. The treatment involves tiny injections of Botox® into about 15 places in each armpit. Most people experience no or only mild discomfort. It is uncommon for pain relief to be required.

How quickly does it work?

You should notice some improvement of symptoms within a week of your treatment. In a clinical trial, sweat production was reduced by 83% one week after treatment. Furthermore sweating was reduced by at least half in 95% of patients. Your next treatment is usually required after around 6-9 months.

Are there any side effects?

Every treatment has possible side effects. In a minority of patients an increase in sweating in another part of the body may occur. Because the injections are made only into the skin, the effects of Botox® is limited to the nerves supplying the sweat glands. Occasionally, a very small amount may spread from the injection site and affect a nerve that supplies a muscle which could cause very mild weakness of the arms. This does not last and gets better without any treatment.

Who cannot have Botox® treatment?

Since there may be unknown risks to pregnant women and their unborn children you cannot have Botox® if you are pregnant or breast feeding. If you have a history of neuromuscular disease (*eg. multiple sclerosis, myasthenia gravis*) or are taking medication to affect your muscles you should not have Botox® treatment. Full discussion including medical history and consent will be part of the consultation before treatment.

What are the alternatives to Botox®?

Roll-on antiperspirants containing aluminium chloride can be used although only last 48hrs. They can be used while being treated with Botox® if necessary. Several drugs such as Beta-blockers, tranquillisers or those affecting the whole nervous system (*antimuscurinics*) are sometimes useful but all carry potential troublesome side effects.

Lastly, surgery can provide a permanent solution but side effects can be serious and the result may only be partly effective. Surgery is generally only considered when other methods of treatment have not worked.

PRICE LIST

Botox®	
One area	£200
Two areas	£270
Three areas	£320
Restylane®	£200 (0.5ml syringe) £300 (1.0ml syringe)
Sclerotherapy	from £200
Leg thread vein treatment	
Hyperhidrosis	from £450
Excessive underarm perspiration	

For more information on any of the available treatments or to book a **free** consultation please call us on **0845 3513519** or **07788 418794**

Treatments are available from our clinics in Harley Street, Kingston upon Thames, Notting Hill, Surbiton, Teddington, Thames Ditton or Wembley.

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