

Excess-Sweat Injections

Injections to prevent sweating and ease discomfort in people with hyperhidrosis

What are Excess-Sweat Injections?

Anti-Excess-Sweat injections are non-surgical treatments that can reduce sweating and treat hyperhidrosis.

Excess-Sweat Injections block the chemical messaging between nerves and sweat glands. Treatment switches off the glands so that they produce less sweat. When precisely injected by an experienced professional, the injections can be an effective, non-invasive way of treating hyperhidrosis and preventing excess sweating.

Why have Excess-Sweat Injections?

Sweating is normal; it's our body's natural way of maintaining a steady, healthy temperature. Hot weather, exercise, and stress can all increase sweat production. However, for some people sweating is excessive, uncontrollable, and embarrassing, and antiperspirants may not control the problem.

If sweating from your hands, feet, or armpits is affecting your body-confidence, self-esteem, and personal relationships, then Excess-Sweat Injections can provide relief.

What happens in Excess-Sweat Injections?

Dr Mark at Bella Vou will discuss your sweating, your lifestyle, and the treatments you use to control your sweating. They will then plan which areas to target.

The doctor carries out treatment as an outpatient procedure. Numbing cream and soothing ice packs will be applied forty-five minutes before treatment to reduce discomfort.

Treatment involves multiple microinjections in the target area. In the armpit, a series of precisely positioned injections a few centimetres apart are necessary to block the glands and provide symptomatic relief.

How long is recovery from Excess-Sweat Injections?

You will be able to get on with your usual activities immediately following the procedure. There may be some small bumps or a little bruising. However, the effects of treatment are usually discreet and unnoticeable.

The effects of Excess-Sweat Treatments are not immediate. The injections will take several days to have an impact, and the full results can take two weeks or more. Bella Vou will arrange a follow-up appointment after three weeks. Your consultant

will check the results, ask you if you have any problems, and may give you further injections if necessary.

Treatment is temporary. You will need repeat injections every 12 weeks for continued control of sweating.

Quick glance guide to Excess-Sweat Injections

Procedure Time: 30 minutes

Recovery: There is no downtime following the procedure

Anaesthetic: Topical anaesthetic cream

Hospital stay: No

Treats: Chronic migraine

Why choose Bella Vou for Excess-Sweat Injections?

Bella Vou offers clients a uniquely individual approach to cosmetic surgery, aesthetic treatments, and wellbeing. The state-of-the-art clinic provides the very latest procedures in a chic, comfortable, and welcoming environment in the heart of the beautiful historic town of Royal Tunbridge Wells.

Bella Vou is dedicated to providing satisfaction, the highest standards of care, and a personal touch, throughout your treatment journey. The skilled team is passionate about helping people achieve the results they want and making their experience enjoyable and stress-free.

Bella Vou offers competitively priced packages of care, with no hidden extras. The clinic is approved and inspected regularly to ensure the highest standards of patient care, cleanliness, and infection control.

The staff at Bella Vou are professional, highly qualified, and led by cosmetic surgeons recognised by the most reputable aesthetics and cosmetic surgery associations, including the UK Association of Aesthetic Plastic Surgeons (UKAAPS).

Bella Vou combines cutting-edge treatment and clinical excellence with the luxury, comfort, and discretion of a spa and the hospitality of a five-star hotel.

Your Excess-Sweat Injections journey at Bella Vou

Free, no-obligation consultation

Bella Vou offers every client a free consultation with an expert. The consultation is an opportunity to discuss your sweating, the treatments you have tried, and why you would like Excess-Sweat Injections.

Bella Vou will always give you an honest and impartial professional opinion. Leading aesthetic surgeon Mr Amir Nakhdeh says:

'At Bella Vou, we never pressurise people or try to sell procedures. It's always about giving an honest opinion and honest advice.'

Preparation for Excess-Sweat Injections

Careful preparation before Excess-Sweat injections can reduce bruising and improve recovery. You should avoid alcohol for a day before treatment, and it's sensible to postpone treatment if you are going to be on your period.

Tell your doctor if you are on any medication. It's essential to stop any herbal medicines for one week before injections. Blood-thinning treatments, including aspirin and ibuprofen, can cause bleeding and bruising. They should be stopped a week before the procedure. Talk to the specialist or your GP if you are concerned.

What happens during Excess-Sweat Injections?

Excess-Sweat Injections are an outpatient procedure. An anaesthetic is often not necessary, but the Bella Vou team will offer you a topical numbing cream forty-five minutes before treatment.

Dr Mark will inject the Botulinum Toxin in a series of targeted microinjections through a fine needle. The injections are quick, and any discomfort is usually minor and short-lived.

Recovery from Excess-Sweat Injections

After the procedure, most people can go home and get on with normal activities. The staff at Bella Vou will be on hand to offer you refreshments and provide advice on aftercare.

You should avoid strenuous activity and alcohol for twenty-four hours following the injection. Don't worry if the effects are not immediately apparent. It takes around five days for the injection to have an impact, and the full results may not be noticeable for three weeks.

You will have a follow-up appointment after three weeks to review and fine-tune the results. However, the team is always available if you have any questions or concerns.

FAQs

Are there any side-effects from Excess-Sweat Injections?

In experienced and skilled hands, Excess-Sweat Injections are safe, and side-effects are few. Your consultant will discuss all the potential risks and benefits before treatment.

Some bruising or swelling can occur after injections. The injections can reach more muscles than intended. Excess activity or alcohol consumption can contribute to this in the first twenty-four hours after treatment.

People who have had repeated injections can develop antibodies that stop the toxin from having any effect. Very rarely, an allergic reaction could occur.

Can anyone have Excess-Sweat Injections?

Excess-Sweat Injections are generally safe. However, some people need to take care. If you are known to have an allergy or if you have myasthenia gravis or a similar neuromuscular condition, you should not have this treatment. You should also avoid treatment if you are pregnant or breastfeeding.

Can I have injectable treatments if I'm pregnant?

If you are pregnant, you should avoid Excess-Sweat Injections and Fillers. Although it is a very small concentration and injected locally, there is a theoretical possibility of the medications being absorbed into the bloodstream. Therefore, The specialists at Bella Vou advise against treatment if you are pregnant.

The clinic will ask you to sign a form before your treatment that will specify if you are pregnant or not.

Are there any DOs and DON'Ts after Excess-Sweat Injections?

Bella Vou has put together a handy list of DOs and DON'Ts to help you have a safe and healthy recovery:

DOs	DON'T's
Drink lots of water	Drink alcohol; it can increase the swelling and bruising.
Sleep with your head elevated on a couple of pillows.	Lie down or go straight to bed. The Excess-Sweat Injections can theoretically trickle to other muscles.
Avoid hot drinks straight after for a couple of hours; this can dilate the blood vessels and result in more bruising.	Do heavy exercise or go to the gym on the same day. This can increase blood pressure and subsequently cause more bleeding and bruising.
Use cold packs on the injection sites to minimise the amount of swelling and bruising.	Rub or massage the areas that have been injected.

Do injections hurt?

Your doctor can apply a topical anaesthetic cream to numb the skin. However, the injections only sting a little, for a short time, so many people choose to have treatment without any anaesthesia.

Testimonials

Pricing