



Home <<<< [Previous Page](#)



Members



About

[Treating Plantar hyperhidrosis](#)



Diary



Why Visit

Hyperhidrosis of the feet, otherwise known as plantar hyperhidrosis is a common problem and can be treated with Iontophoresis. Botulinum Toxin treatment is not licensed in this country for hyperhidrosis of the feet and surgery is not generally recommended.



Find Us



Links



Cotton socks should be worn and feet left open as often as possible. Synthetic shoes and man made fibres tend to exacerbate this problem.

Iontophoresis

What is Iontophoresis?

Some patients have used electrical stimulation (IONTOPHORESIS) which has proven to be most effective for palmer & plantar hyperhidrosis

With the introduction of the new Iontophoresis machines, nearly all patients have found that they have achieved a complete cessation of sweating after 4-7 treatments. This length of the absence of sweating tends to vary, lasting anything between 2 weeks and 3

months. The patient then undergoes another course of treatment, which should enable them to be 'sweat free' for a further period of time. This treatment can be done as many times as necessary; is safe, cheap and can be practiced at home as sufferers can now buy their own machines for home use.

Hands and/or feet are placed in plastic baths which are filled with water and the current is turned on. This is totally pain-free the the user only experiences a 'pins and needles' time sensation in the hands or feet.

How does it work?

Iontophoresis is defined as the topical introduction of ionized drugs into the skin using direct current. However, iontophoresis with simple tap water alone is successful in a vast majority of patients.

For those few patients who do not get a complete cessation of sweating from tap water Iontophoresis, a drug called Gycopromium Bromide which is available on prescription can be added to the tap water and will give good results.

The exact mechanism for the effects of tap water iontophoresis on hyperhidrosis remains uncertain, however, one school of thought suggests that a parakeratotic plug is formed, blocking the duct without damaging the sweat gland.



These machines are available from www.stdpharm.co.uk

For further information, please click on the 'treatments available' box on the website home page.

[<<<< Previous Page](#)

[Back to Members Area](#)