

Self Care Briefing – Excessive Sweating (hyperhidrosis)

Rationale

- Hyperhidrosis is a common condition and first line treatment involves simple lifestyle changes. It can also be treated with over the counter high strength antiperspirants.
- An antiperspirant containing aluminium chloride is usually the first line of treatment and is sold in most pharmacies.

Recommendations for clinicians

- Provide the patient with a 'non-prescription' sheet or a patient information leaflet to promote education about self-limiting conditions suitable for self-care when appropriate.
- Advise patients of safe and effective self-care measures:
 - Modify behaviour to avoid identified triggers (such as crowded rooms, alcohol, caffeine, or spicy foods), where possible
 - Avoid : tight clothing and manmade fabrics e.g. nylon and enclosed boots or sports shoes
 - Consider using dress shields (also known as armpit or sweat shields) to absorb excess sweat and protect delicate or expensive clothing
- Advise patients to seek medical attention and consider treatment with a prescription in the following circumstances:
 - Symptoms have been present for at least 6 months.
 - Symptoms prevent patients from carrying out daily activities.
 - Symptoms occur at night and happen at least once a week.
 - Patients are on medication for other conditions.
 - Self-care methods have not worked.
 - Family history of excessive sweating

Example of products available to buy over the counter*

Driclor® – Licensed for children and adults (~£6.20 for 20ml)

Perspirex® anti-perspirant roll on (~£8.50 for 20ml)

Anhydrol Forte® roll on – Licensed for children and adults (~£3.99-£4.50 for 60ml)

For further information see Self-care forum <http://www.selfcareforum.org/>, NHS UK <https://www.nhs.uk/conditions/>, Patient UK <https://patient.info/>

*Prices correct at time of writing and are subject to change

