## **Primary Plantar Hyperhidrosis** Topical antiperspirant therapy (aluminum Iontophoresis using tap water: Pay and zirconium salts). Educate re application special attention to correct technique, time/technique to maximize efficacy and device, water mineral content, and minimize side effects. patient education/training. Good Good Continue response? response and able Continue to perform? NO NO OnabotulinumtoxinA injections Adjust technique, frequency, duration, water mineral content. Consider adding anticholinergics to water. Good YES Repeat p.r.n. response? NO Good NO response and able Continue to perform? Make adjustments to technique, YES dose and/or area covered. Consider supportive care for all patients: Use absorbent foot powder Good YES • Wear non-occlusive footwear: Repeat p.r.n. response? -- Leather shoes -- Cotton or wool socks, or other moisture-wicking socks NO -- Avoid synthetic materials that may trap Consider systemic medications: Change shoes and socks frequently Use absorbent shoe insoles 1. Anticholinergics (e.g. Visit www.SweatHelp.org for more support glycopyrrolate, oxybutynin, and updated tips propantheline) 2. Propranolol 3. Clonidine 4. Diltiazem INTERNATIONAL **HYPERHIDROSIS** SOCIETY Know Sweat To maximize efficacy and minimize side effects, www.SweatHelp.org

Updated: January 15, 2012 © 2012 International Hyperhidrosis Society To maximize efficacy and minimize side effects, consider combination therapy adjusted to patient needs and disease presentation.