

Hyperhidrosis

What is hyperhidrosis?

[Hyperhidrosis](#) is defined as excessive sweating. This form of sweating is present



all the time, not just during or after physical activities. The most commonly effected areas are the hands, face and underarms.

Is there a way to relieve hyperhidrosis?

If your condition is severe enough that it can not be controlled by antiperspirants or [iontophoresis](#), there is a surgical intervention that may be used. This procedure is called a sympathectomy.

What is a sympathectomy?

A sympathectomy is the removal or deactivation of that portion of your [sympathetic nervous system](#) that is responsible for your sweating. This procedure can also be used to alleviate excessive facial blushing.

What is the sympathetic nervous system?

The [sympathetic nervous system](#) is responsible for the “fight or flight” response when you encounter a dangerous situation. The physical responses to these situations are elevated heart rate and blood pressure, constriction of blood vessels as well as increased sweating.

How is a sympathectomy performed?

The targeted [sympathetic nerves](#), which run next to the spine, are located through a [thoroscope](#) and the appropriate portions are deactivated. The incisions are small and recovery time is minimal. This is truly a minimally invasive surgery.

What can I expect when I have the surgery?

You will be placed under [general anesthesia](#) for this ninety minute procedure. You will stay in the hospital overnight for observation and then be sent home the next day.

What are the risks associated with a sympathectomy?

The draw backs of this procedure include the risks associated with all surgeries performed under [general anesthesia](#). The other risks include [compensatory](#)

[sweating](#) and only a slight risk of [Horner's syndrome](#) which is usually associated with the facial blushing surgery. Generally the benefits are thought to far outweigh the risks.