

Charles B. Slonim

Described below is a simple detection method for determining where to inject Botox® in cases of hyperhidrosis:

1. Paint the area (e.g., axilla) with Betadine® solution (a Betadine wipe will suffice).
2. Allow the Betadine to dry.
3. Apply a thin layer of cornstarch or fine talc powder over the Betadine.
4. Shine a handheld spotlight with a 100 W bulb directly on the area.
5. The areas of hyperhidrosis will be stimulated and the moisture will cause the Betadine to “bleed” through the white powder or cornstarch.
6. Photograph the area for documentation.
7. Apply a layer of a topical anesthetic (e.g., Betacaine, EMLA®, etc.).
8. Inject botulinum toxin into the dermis in a grid pattern (e.g., 4×4, 5×5, etc.) in the targeted area with approximately 1 cm between injections.
9. Use 2.5 units in 0.05 of botulinum toxin cc per injection site.

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