Primary Plantar Hyperhidrosis

Topical antiperspirant therapy (aluminum and zirconium salts). Educate re application time/technique to maximize efficacy and minimize side effects.

OnabotulinumtoxinA injections

Make adjustments to technique, dose and/or area covered.

OnabotulinumtoxinA injections

Repeat p.r.n.

Good response?

Consider systemic medications:
1. Anticholinergics (e.g. glycopyrrolate, oxybutynin, propantheline)
2. Propranolol
3. Clonidine
4. Diltiazem

Iontophoresis using tap water: Pay special attention to correct technique, device, water mineral content, and patient education/training.

Adjust technique, frequency, duration, water mineral content. Consider adding anticholinergics to water.

Good response and able to perform?

Good response and able to perform?

Consider supportive care for all patients:
- Use absorbent foot powder
- Wear non-occlusive footwear:
  -- Leather shoes
  -- Cotton or wool socks, or other moisture-wicking socks
  -- Avoid synthetic materials that may trap moisture
- Change shoes and socks frequently
- Use absorbent shoe insoles
- Visit www.SweatHelp.org for more support and updated tips

To maximize efficacy and minimize side effects, consider combination therapy adjusted to patient needs and disease presentation.