

# Guidelines for successful antiperspirant treatment with Anhydrol Forte

The following is not the complete patient information, but provides useful guidelines for successful treatment with Anhydrol Forte. (Always read the label before applying Anhydrol Forte)

## Precautions to be taken before using Anhydrol Forte

1. Ensure that areas of skin to be treated are completely dry.
2. Do not shave armpits to be treated or use a hair removing preparation within a period of 12 hours either *before* or *after* treatment.
3. Do not bathe immediately prior to application.
4. Do not apply to broken or irritated skin and keep away from the face.

## How to use Anhydrol Forte

Most patients should find the following procedure suitable for controlling their excess sweating.

1. Apply to appropriate areas at night just prior to retiring to bed and wash off thoroughly in the morning. (This is important because the sweat glands are less active at night and application of Anhydrol Forte is less irritant if the treated area is kept dry.)
2. Use for two nights in succession, followed by a rest period of two nights with no application.
3. Repeat application for another two nights followed by two nights rest period.
4. This alternating two night treatment cycle should be used to assess the individual response and the frequency of application adjusted accordingly.

## Things to note during treatment

1. Some transient irritation and redness may accompany a reduction of sweating. However, patients should be advised that if this irritation becomes excessive, they should stop treatment and, if necessary, consult their pharmacist or doctor. A mild OTC hydrocortisone cream (e.g. Dermacort) may help alleviate the irritation.
2. Contact with clothing, linen, jewellery, metal or polished surfaces may cause damage and so should be avoided.

## Method of application

1. Ensure the cap is screwed on tightly.
2. Shake the bottle two or three times.
3. Unscrew the cap and apply the preparation only to the appropriate site (i.e. armpits, hands or feet), keeping the bottle as upright as possible, without shaking further.
4. Repeat on other affected sites.
5. When all applications have been completed, ensure that the cap is replaced and fully tightened. The bottle should always be stored in an upright position, in a cool, dry place, secure from the reach of children.
6. Wash hands thoroughly after use (except when treating hands).

Further information on hyperhidrosis is available from the Hyperhidrosis Patient Support Group, [www.hyperhidrosisuk.org](http://www.hyperhidrosisuk.org)

On the way to a dry future with  
**Anhydrol Forte**

