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ANTI-SWEAT  
INJECTIONS

# Aftercare guide

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## AFTERCARE

Thank you for visiting Cosmetic Connection, one of Australia's leading cosmetic medicine clinics. This guide contains the aftercare instructions you must follow after having anti-sweat injections.

We use anti-sweat injections to treat excessive sweating. Also known as hyperhidrosis, it is a common problem that affects many people.

Proper aftercare is important to reduce the chance of side effects, and to get the best, longest-lasting results.



REAL  
PEOPLE.  
REAL  
RESULTS.

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# What you can expect

Immediately after your treatment:

- Small lumps and slight redness at the treated sites, which resolve in 5-10 minutes.
- Bruising is uncommon, but is more likely to occur in delicate areas.

Within days:

- Slight headaches can occur when treating facial sweating, and these can be managed with over-the-counter pain relief (where safe).
- Rarely, some people experience a very mild, cold-like illness which resolves on its own.



A close-up, high-quality photograph of a person's face, focusing on the eye and cheek area. The person's hand is gently resting against their cheek, with fingers slightly curled. The skin is smooth and has a warm, natural tone. The lighting is soft and directional, highlighting the contours of the face and the texture of the skin. The background is a solid, light beige color, providing a clean and minimalist aesthetic.

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# When you'll see a result

Anti-sweat injections don't work straight away.  
Allow them time to take full effect.

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You can expect your anti-sweat injections to start working as soon as 3 days after your treatment. However, it may take up to 14 days to see the final result.

It's important to wait the full 14 days before assessing your result.

After 14 days, your result will gradually wear off over an average of 3-12 months. The longevity depends on the area treated, the amount of product used, and how consistently you've had treatment.

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# What you need to do

Carefully following the aftercare is vital to ensure you get the best result, with the lowest chance of side effects.

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For redness, swelling, tenderness and bruising:

- Take paracetamol (where safe) for any discomfort.
- Gently apply a wrapped cold pack to the affected areas intermittently.

For headaches take over-the-counter pain relief (where safe) as required.

To reduce the chance of infection keep your skin clean for 24 hours.

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# What you need to avoid

The most important part of your anti-sweat aftercare is knowing what not to do.

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To reduce swelling, redness, tenderness and bruising, do not:

- Participate in strenuous exercise for 24 hours.
- Consume alcohol for 24 hours.
- Take anti-inflammatories or supplements (unless taking for medical reasons) for 24 hours.

To prevent infection do not apply makeup for 24 hours.

To avoid skin irritation do not:

- Restart your active skincare for 24 hours.
- Have skin treatments for 24 hours.

To stop the product spreading, avoid:

- Touching, massaging, or rubbing the injected areas for 6 hours.
- Facial treatments and massages for 6 hours.

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# When to get in touch with us

You're journey with us doesn't end when you leave the clinic. Get in touch with us if you have any questions about your treatment.

If you develop any of the following, please contact us for advice:

- A rash in the treated areas.
- Worsening swelling, redness or pain.

If you have any concerns about your result after 14 days, please get in touch to arrange a complimentary follow-up appointment.

If you have any of the following, please call an ambulance immediately, and ask the attending doctor to contact us:

- Facial or airway swelling.
- Difficulties breathing, swallowing or speaking.

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# The next steps to take

To get better results follow your treatment plan, and apply our anti-sweat optimisation principles.

## BE CONSISTENT

Schedule your anti-sweat injections with us every 3-12 months (depending on the area) for better, longer-lasting results. Book your appointment in advance to get your preferred day and time [here](#).

## COMPLEMENT YOUR TREATMENT

Combine anti-sweat injections with anti-perspirant deodorant for even better results.





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# Treatments to complement

Get more out of your anti-sweat injections by complementing them with these popular treatments.

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## ANTI-WRINKLE INJECTIONS

Smooth fine lines and wrinkles, and prevent deeper ones developing with anti-wrinkle injections. We are experts in natural-looking anti-wrinkle treatments. [Learn more.](#)

## RADIO FREQUENCY SKIN NEEDLING

Tighten, tone and restore collagen to your skin with this powerful skin rejuvenation treatment. [Learn more.](#)

## DERMAL FILLERS

Add structure and definition to your face and reverse common signs of ageing like hollowness and volume loss. [Learn more.](#)

## FACIALS & PEELS

Exfoliate, tone, and hydrate your skin and treat stubborn pigmentation with our range of skin peels and facials.

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# Our priority is you

Everyone deserves a positive experience and a great result. By nature, cosmetic treatments always carry a small degree of variability, and individual results may vary.

If you have any concerns regards your results or your experience, please get in touch with us and one of our friendly team members will assist you.



At Cosmetic Connection, we stand for honesty, excellence and inclusivity. We provide bespoke treatments in a safe environment to help everyday people look and feel their best.

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Ready for  
your next  
appointment?

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