

Patient Information

Home use of tap water Iontophoresis

If you have been successfully treated with tap water iontophoresis you may need to purchase your own idrostar machine for home use. This will help to reduce symptoms and assist you in managing your condition.

You should have been given information on how to purchase your personal machine. Please complete this form along with a VAT exemption form.

When you receive your machine, the effects of the previous treatment may well have worn off. It is important that you use the machine as required when the skin becomes clammy. Regular use when the skin is clammy will reduce the need for intensive treatments similar to the regime you received at the hospital.

Please note you will receive instructions from the company with your new equipment and the information below should be used as a guideline only.

Treat as follows

Hands and feet:

Pour approx 1cm of tepid water into baths.
Form a circuit with your right hand and right foot.
Treat for 10 minutes with the current going in one direction.
Reverse direction of current using the **reverse switch**.
Treat for a further 10 minutes.

Note: ensure current is at zero before removing either hand or foot.

Then:

Form a circuit with the left hand and left foot and treat as above.
(This takes longer as the home unit cannot do two circuits at one time)

Hands only:

Pour approx 1cm of tepid water into baths.
If you are treating just your hands you will need to have someone to assist you in operating the machine.
As above; create a circuit using both hands.
Treat for 10 minutes with the current going in one direction.
Reverse direction of current using the **reverse switch**.
Treat for a further 10 minutes.

Note: ensure current is at zero before removing hands.

Feet only:

Pour approx 1cm of tepid water into baths.
As above; create a circuit using both feet.
Treat for 15 minutes with the current going in one direction.
Reverse direction of current using the **reverse switch**.
Treat for a further 15 minutes.

Note: ensure current is at zero before removing feet

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The current should be altered to a level which suits you. You should feel a tingling sensation or pins and needles but without any pain or "hot spots". The current you have been tolerating is around _____mA.

Ensure all jewellery is removed prior to treatment. Apply white soft paraffin (Vaseline) to wrists, cuts or sensitive areas.

Do not treat if you have a rash or extensive broken skin in the areas needing treatment.

Sources of information

You can contact a member of the team involved in treating you:

Sister Catherine Watsham

OR

Andrea Cooper- Clinical Nurse Specialist in Dermatology

General OPD

Eastbourne DGH

Kings Drive

Eastbourne

BN21 2UD

Tel: 01323 417400 ext 3123 or 3715 (secretary)

The Hyperhidrosis Support Group

Website: www.hyperhidrosisuk.org

This leaflet is based on information from the hyperhidrosis support group who have given their permission for it to be reproduced.

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments please contact our Patient Advice and Liaison Service (PALS) – details below.

Hand hygiene

The trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

This information is available in alternative formats such as large print or electronically on request. Interpreters can also be booked. Please contact the Patient Advice and Liaison Service (PALS) offices, found in the main reception areas:

Patient Information

Conquest Hospital

Email: palsh@esht.nhs.uk - Telephone: **01424 758090**

Eastbourne District General Hospital

Email: palse@esht.nhs.uk - Telephone: **01323 435886**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Dr Mahmud Ali	Consultant Dermatologist
CNS Andrea Cooper	Clinical Nurse Specialist in Dermatology

The directorate group that have agreed this patient information leaflet: Dermatology

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