

Self-care Information

Excessive Sweating

Tips on how you can self manage excessive sweating.

“Supporting you to look after you”

Key Points:

- Wear loose-fitting clothes to minimise signs of sweating.
- Wear socks that absorb moisture and change your socks at least twice a day if possible.
- Wear leather shoes and try to wear different shoes day to day.

Speak to your local pharmacy for advice on over the counter products.

What is excessive sweating?

Excessive sweating is common and can affect the whole body or just certain areas.

Sometimes it gets better with age but there are things you can do and treatments that can help.

It's normal to sweat if you get hot or do exercise, but you may be sweating excessively if you're sweating when your body doesn't need to cool down.

Excessive sweating can happen for no obvious reason, because of another condition you may have or as a side effect of medicines you're taking.

What can you do to help with excessive sweating?

Your local community pharmacy can also help with excessive sweating.

You can buy things without a prescription, such as:

- Stronger antiperspirants instead of deodorant.
- Armpit or sweat shields to protect your clothing.
- Foot powders for sweaty feet.
- Soap substitutes that are more gentle on your skin.

You could try...

- ✓ wearing loose-fitting clothes so that signs of sweating are less easily seen?
- ✓ wearing socks that soak up moisture and change your socks at least twice a day if possible.
- ✓ wearing leather shoes and try to wear different shoes day to day.



Try not to...

- ✗ wear tight clothes or man-made fabrics – for example, nylon.
- ✗ wear enclosed boots or sports shoes that may cause your feet to sweat more.
- ✗ do things that might make your sweating worse – for example, drinking alcohol or eating spicy food.



When to seek advice from your GP

- If things you can do yourself aren't helping.
- It's lasted for at least 6 months.
- It stops you from getting on with your daily activities.
- It happens at least once a week.
- It happens at night (you're having night sweats).
- You have a family history of excessive sweating.
- You're taking medication for another condition.

Here are some links to further information:

Look at the NHS Website: <https://www.nhs.uk/conditions/excessive-sweating-hyperhidrosis/>

For a Patient Website: <https://patient.info/skin-conditions/excessive-sweating-hyperhidrosis>

For more advice visit your local pharmacy

