

The Information provided is for reference only; please consult with your LASER **practitioner** if you require medical **advice** regarding treatment.

## PROCEDURE INFORMATION ALMA SweatX



**A completely new treatment for excessive sweating and body odour**

**Lasting solution, safe, painless and clinically proven treatment that can be performed without the use of drugs, toxins or surgery**

Alma SweatX works by **delivering precisely controlled, thermal energy** to the treatment area, selectively deactivating the sweat glands

Treatment is quick and painless with **improvement often seen after only one treatment**

Sometimes there's nothing like working up a good sweat. But when it gets in the way of your daily activities, it can be a real problem.

Millions of people suffer from excessive sweating. Every day people struggle with sweaty hands, soaked through shirts, sweat-stained armpits, soggy feet and other embarrassing, often life-disrupting symptoms.

A few studies in recent years have theorized that aluminium-based antiperspirants (95% of all deodorants sold contain Aluminium based ingredients) may increase the risk for breast cancer.

### WHAT IS SweatX?

Alma Lasers SweatX combines the selective power of dielectric heating with the precision of UniPolar Pro technology. The result is a unique, effective and powerful solution for excessive sweating and body odor.

### WHAT HAPPENS DURING TREATMENT?

At your first treatment, a starch-iodine test is performed to show where excessive sweating occurs.

The Alma SweatX procedure is then performed by constantly moving the applicator over the treatment area (in-motion technique), gradually building heat in the target area.

2-4 treatments are normally recommended. Intervals between treatments are usually 4 weekly.

### HOW LONG DOES TREATMENT TAKE?

Treatment time depends on many factors and size of treatment area, but can take less than 30 minutes.

### WHAT WILL MY SKIN LOOK LIKE AFTER TREATMENT?

The SWEATX procedure is completely non-invasive and has zero downtime.

### DOES IT HURT?

In most cases, you may feel a slight warming and pressure.

### ARE THERE ANY SPECIAL PRE-TREATMENT INSTRUCTIONS?

Shave underarms 24 hours prior treatment.

Avoid strenuous exercise directly before treatment as this may increase your baseline temperature.

Drink 1-2 litres of water prior to treatment.

Avoid excessive food intake 3 hours before treatment.



### WHAT ARE THE POSSIBLE SIDE EFFECTS?

Discomfort/burning/bruising/swelling/pigmentation/scarring/blistering.

### AFTERCARE INSTRUCTIONS

Only wash with cold or tepid water for the first day while your skin is in the recovery stage.

Be gentle on your skin and avoid the use of strongly scented lotions or soaps, exfoliating creams and aggressive scrubbing to the treated area as this may cause you slight discomfort.

Any redness will gradually subside over the next 24-48 hours. In some cases it lasts up to 72 hours.