

## Iontophoresis for Hyperhidrosis with the Fischer™ Galvanic Unit

### **A: Iontophoresis of hands using an assistant to control the unit**

- 1) Fill the two plastic trays with tap water at room temperature to the top of the electrodes.
- 2) With the Fischer™ unit off connect the trays to the unit's outputs with the supplied cords.
- 3) Make certain the patient removes all jewelry and any small cuts or abrasions are covered with Vaseline™ or some similar water resistant material.
- 4) With the unit still off have patient place one hand in each tray. The water level should be just above the skin of the tops of the fingers and hands. Remind the patient to keep hands in the water for the duration. Removing the hands or touching the electrodes during the treatment may result in a small shock. Since the intensity of the current flow is greatest at that part of the hand that is closest to the electrodes instruct the patient to rotate their hands using a sliding motion away from the electrodes to avoid any unusual discomfort.
- 5) Turn unit on with meter scale set from 0-50 and "Intensity" knob at zero and **gradually** increase the amperage using the "Intensity" knob to the therapeutic range of 15 to 18 milliamps and treat for 10 minutes. Note: If the red "Active" light does not illuminate when you begin to increase current flow, return to zero and check all connections.
- 6) At the end of the 10 minutes decrease current flow **gradually** to zero.
- 7) When the meter indicates the flow is zero and the "Active" light goes out switch the direction of current flow at the unit by removing plug, rotating it 180 degrees and reinserting.
- 8) Repeat steps 5) and 6) for 10 minutes. The total treatment duration will be 20 minutes.

NOTE: If the feet and not the hands are being treated the patient once taught may adjust the controls him/herself.

**B: Iontophoresis of the hands and feet without an assistant**

Note: This technique allows one hand to be free so that the patient can control the unit. However the total duration of the treatment is increased from 20 to 40 minutes (20 minutes for each hand and foot combination).

- 1) Place one tray on a table and the second on the floor.
- 2) Place one hand in one tray and a foot in the second.
- 3) Follow instructions 5) to 8) above.
- 4) Remove hand and foot and insert untreated hand and foot and repeat 5) to 8) above.

**NOTES:**

- 1) If the mineral content of the tap water is low current flow is reduced and the desired amperage (15 to 18 milliamps) may not be achieved. A teaspoonful of baking soda added and dissolved in each tray should remedy the problem.
- 2) Patients need treatments every 2 to 3 days for 5 to 10 sessions before an effect is observed. Once euhidrosis is achieved the interval between treatments may be stretched out. Some patients need only treat themselves once every 2 weeks.
- 3) Avoid treating patient who are pregnant or have pacemakers.
- 4) Patients who fail to respond to simple tap water iontophoresis may benefit from the addition of an anticholinergic to the water. ie. Robinul™ 1 mgm dissolved in each tray.
- 5) Some patients experience irritation along the water line following treatment. Simple 1% hydrocortisone cream is usually sufficient to relieve this.