



## 多汗症

適當的排汗有助調節體溫，但排汗多於身體的需要便是多汗症。多汗症常出現在雙手、腋下、面部和腳掌等位置，主要是汗腺或控制汗腺的交感神經過於活躍所引致；但甲狀腺的亢奮、肥胖、精神緊張、焦慮等亦是多汗的成因。若多汗症引致生活不便及尷尬，甚至造成長期皮膚發炎、真菌感染等，可考慮接受治療。

## 多汗症的治理

### 止汗劑

含氯化鋁及酒精的外用止汗劑，適合較輕微的患者。止汗劑的優點是簡單易用，能減退氣味。但使用數個月後，功效便會減退，並不持久。

### 肉毒桿菌素注射

肉毒桿菌素能阻隔神經末梢與汗腺的信息傳遞，只需在患處的皮膚層注入適量的肉毒桿菌素，便能有效抑制汗水的分泌。功效能維持六至九個月。

### 旋轉電刮刀汗腺切除術

旋轉電刮刀汗腺切除術適用於腋下多汗症。手術在局部麻醉下進行，在腋下皮膚伸入電刮刀便可將汗腺刮除。手術創傷小，康復時間短。由於電刮刀只有四毫米闊，所以術後不會留下明顯的疤痕。副作用包括皮膚色素變深，皮膚壞死、傷口發癢及積瘀血等，但情況並不常見。

### 微波治療

微波治療可減輕腋下多汗症和臭狐，透過微波的能量，破壞真皮底層的汗腺。屬非入侵性治療。副作用也較傳統手術為少，但只適用於腋下。治療在局部麻醉下進行，整個療程需時60至90分鐘，經一至兩次治療後，平均出汗會減少80%。由於被破壞的汗腺不會重新長出，所以效果是持久的。治療的皮膚部位出現瘀腫是正常反應，並不影響日常生活。瘀腫可於一至兩星期減退。

### 交感神經切除

利用胸腔鏡的方法，把一節交感神經切除，便能有效改善手掌及腋下多汗情況。切除交感神經不會影響健康，但部份人士在手術後會有下肢或腰部流汗增加的情況。

## 臭狐

皮膚內有多種腺體，不同的腺體有不同的功能，如汗腺排汗、油脂腺滋潤皮膚等。位於毛囊旁邊的頂泌腺多集中在腋下及下陰皮膚。分泌物使人有獨特的氣味，但此分泌物較為油膩，如加上多汗，便容易給細菌分解，發出難聞的氣味，成為臭狐。

## 臭狐的醫治方法

患者須注意個人衛生，保持清潔，避免進食刺激或過於油膩的食物。外用含氯化鋁及酒精的止汗劑可有效減輕異味。如情況未能改善，可考慮接受肉毒桿菌素注射、微波治療或旋轉電刮刀切除術。

# HYPERHIDROSIS AND OSMIDROSIS 多汗症和臭狐



HKSH Plastic & Reconstructive  
Surgery Centre  
養和整形外科中心

## HKSH Plastic & Reconstructive Surgery Centre

### 養和整形外科中心

#### CONSULTATION HOURS

Monday to Friday

10:00am – 6:00pm

Saturday

9:00am – 1:00pm

Closed Sundays and Public Holidays

Consultation by Appointment

#### 診症時間

星期一至五

上午 10 時至下午 6 時

星期六

上午 9 時至下午 1 時

星期日及公眾假期休息

敬請預約

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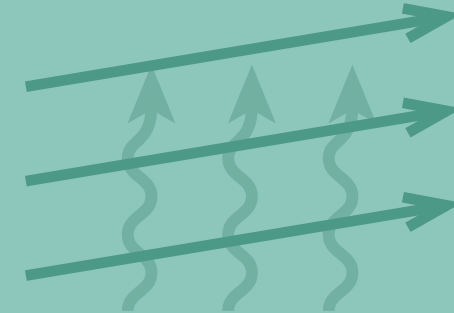
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# HYPERHIDROSIS AND OSMIDROSIS

## 多汗症和臭狐



### HYPERHIDROSIS

Sweating allows the body to regulate its temperature, but abnormally excessive sweating, a condition commonly known as hyperhidrosis, can negatively impact quality of life. Hyperhidrosis mostly affects the palms, underarms, face and soles of the feet. Primary hyperhidrosis is caused by overactive apocrine glands or sympathetic nervous system. Anxiety, being overweight or hyperthyroidism are other possible contributing factors. Patients can consider undergoing treatment if excessive sweating causes embarrassment or inconvenience to their daily lives or recurrent bacterial or fungal skin infections.

### TREATMENT FOR HYPERHIDROSIS

#### Antiperspirant

Topical antiperspirants containing aluminum chloride and alcohol are suitable for patients with mild conditions. Application is easy but effects may not be long-lasting.

#### Botulinum Toxin Injection

Botulinum toxin blocks signal transmission from the nerve ending to the sweat gland. Injecting botulinum toxin into the skin of affected area can prevent glands from producing sweat. Effects typically last for six to nine months.

#### Subdermal Shaving

Subdermal shaving is a minimally-invasive surgery to remove the sweat glands. Sweat glands in the lower dermis are removed with an electric shaver under local anaesthesia. Recovery time is short and scarring is minimal as the shaver is only 4mm wide. Potential complications may include hyperpigmentation, skin necrosis, wound infection and haematoma.

#### miraDry Microwave System

The miraDry Microwave System is a quick and non-invasive procedure that can reduce excessive underarm sweating and odour. The system delivers precisely controlled microwave energy in the form of heat to the region where the sweat glands reside. Most patients report average sweat reduction of up to 80% after one to two treatments. The procedure lasts around 60 to 90 minutes. Local anaesthesia is administered for patient comfort and some localised soreness

or swelling can be expected. The axillary area may feel puffy but swelling will gradually subside in one to two weeks. One should be able to resume normal activities the following day.

#### Video-Assisted Thoracic Sympathectomy

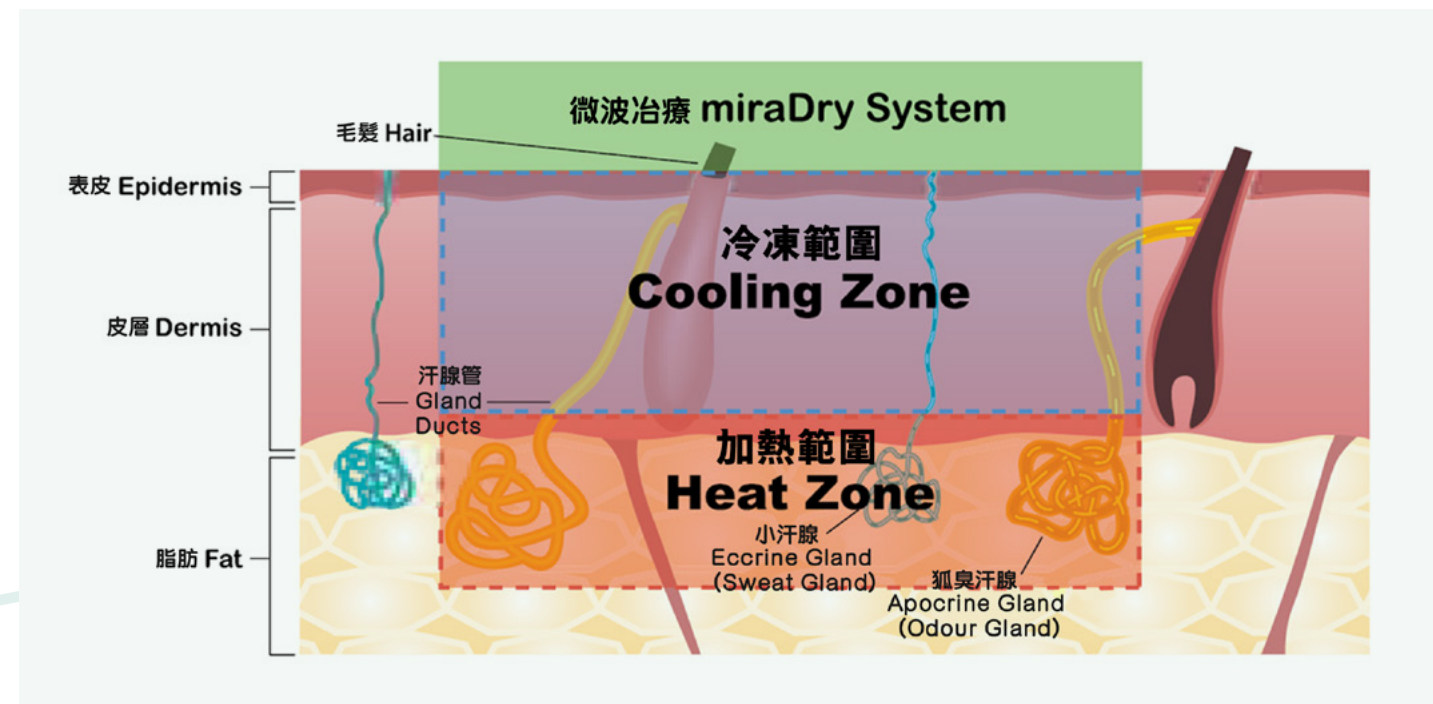
Dividing the sympathetic nerves inside the rib cage can effectively improve excessive sweating conditions on the palms and in the underarms. While removing parts of the sympathetic nerves has no health consequence, some patients may sweat more in other parts of the body such as in the lower limbs or waists.

### ODOUR

The skin has different types of gland with different functions. For instance, sweat glands produce perspiration while sebaceous glands produce an oily matter to keep the skin moist. Apocrine glands are located next to hair follicles and are found mainly in the armpits and genital region. The secretion is thick and oily and is responsible for characteristic pheromonal odour. An unpleasant smell occurs when the secretion is decomposed by bacteria, leading to the condition commonly known as bromhidrosis.

### TREATMENT OF ODOUR

Patients should maintain good personal hygiene and avoid spicy or excessively oily food. Using antiperspirants containing aluminium chloride and alcohol can help alleviate odour. If odour doesn't improve with self-care methods, other procedures including botulinum A toxin injection, subdermal shaving or microwave treatment may be possible treatment options.



Botulinum Toxin Injection 肉毒桿菌素注射



miraDry Microwave System 微波治療

