

Sweaty Palms

Let Dr. Zarrabi in Santa Monica Sweat the Small Stuff

Sweaty palms, medically known as hyperhidrosis, is when the **nerves** responsible for triggering the sweat glands **become overactive** and begin to sweat at abnormal times. Hyperhidrosis happens even when no sweat is needed to help cool the body down. This can occur at any time and is deemed abnormal when the person is not doing strenuous activity or overheated by external temperatures. Dr. Michael Zarrabi and Sherry Sanvictores' brilliant approach to treating hyperhidrosis in the hands is the solution you've been looking for. If you wish to schedule an initial consultation or wish to learn more about our services, please [contact](#) our office in Santa Monica today!

How to Treat Sweaty Palms

Approved by the FDA in 2004 for the treatment of hyperhidrosis, injections like **Botox** have been **proven invaluable** to helping curb excessive sweating. They work by blocking the nerves that activate your sweat glands. These injections to localized areas like the palms essentially paralyze the nerves to prevent sweating. [u](#)

Before & After Photos

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Hyperhidrosis & You

Likely when we go on a hike, a run, do yoga, or help a friend move, we'll sweat. Sometimes if there's a **cool breeze** blowing we'll sweat less than if we were hiking through Joshua Tree National Park in the middle of August. Sweat is our body's way of cooling our systems down. Our bodies excrete sweat when it senses we are hot and in danger of overheating. But what about when you're nervous? You have a big presentation in five minutes and you're off waiting in the wings, pacing. Sure, it is normal here to be a little sweaty. Those nerves are raising your body's temperature resulting in your sweat glands being triggered to do what they do best – sweat.

But how about when you aren't nervous? When you're just living life, walking around, and then, out of nowhere, your hands start to just sweat uncontrollably. They get wet and slippery, dampening everything you touch. **This is called Hyperhidrosis.**

We know how difficult this condition can be and how awkward it may be to talk about it. That's why we provide services that treat sweaty palms and other areas of the body like underarms.

Come see Dr. Zarrabi and Sherry in Santa Monica for a fast and **reliable solution** to your sweaty palms. **It's about time you had a firm grip on life!**

Benefits Of Botox

Many have heard of [Botox](#) for smoothing out wrinkles, but few have heard about its ability to treat hyperhidrosis. Approved by the FDA in 2004 to treat hyperhidrosis, OnabotulinumtoxinA Injections (the natural, purified protein found in Botox) has been proven **to block and interrupt the sweat glands** ability to communicate with the rest of the nervous system.^[2]

Other than being an effective solution to hyperhidrosis, Botox have many other benefits:

- **Takes** only about **20-30 minutes** to administer
- **Results** typically **last** around **3-6 months**
- A minimally invasive procedure that requires **no hospital visit**
- **No recovery time**
- See **results** as soon as **3-7 days after injection**

Candidates

If by reading this you feel a little glimmer of hope at the bottom of your stomach and think maybe this can be the answer to incessant sweaty hands, then **you are probably a perfect candidate for this service.** If sweat and "being sweaty" interferes with your daily life, causing social isolation, then this is a **perfect solution for you.**

Personal Consultation

After [contacting us](#) to schedule your private consultation, you will come into our Santa Monica offices. Here we will escort you into one of our private rooms. There we will go over your surgical and medical history as well as **go over your desired results.** It is important here that we get a good sense of where you are and how hyperhidrosis is hampering your life and well-being. We will walk you through all of our services and answer any questions you may have regarding Botox for treating hyperhidrosis as well any of our many services.

If Botox is elected by our team of experts, then we will schedule a time and date that best suits your schedule. During your consultation, **we will go over a detailed treatment plan** and give you a list of necessary steps you need to take to prepare for the procedure – thus optimizing for a smooth procedure and the best results!

Preparation

To effectively prepare for your procedure, it is important to follow the detailed preparation list given to you during your consultation. It is also important to:

- **Avoid blood thinning medication a week or two before.** Medications such as ibuprofen, aspirin, Warfarin, Vitamin E, and Omega-3 supplements. These all thin the blood and may cause excessive bleeding during your procedure.
- **Stop smoking and drinking 48 hours before Botox injection.** Smoking and drinking diminish the body's natural healing process, so it is important to avoid these substances as they may hamper and lengthen the healing process.

Procedure

The beauty of Botox is the relative **ease and quickness** the procedure takes. **Lasting only around 20-30 minutes**, the procedure starts with a topical numbing cream. Then, Botox is injected into strategic areas on the palms. You may feel a slight tingling sensation when the injection first starts to relax the muscles in your hands, but this is normal and will subside shortly after the procedure.

Recovery

After the procedure, you are **free to drive home and go back to work that very day**. If your hands feel numb or tingly this is normal and should wear off in the following days.

Results

Only a week after seeing Dr. Zarrabi, when you're nervous your hands don't sweat like they used to – or when you're excited, or scared, or tired, or anxious. **You no longer have to incessantly dry them** on your pant legs or hope no one points their dampness out. You are now free to go about life, **without worrying about your sweaty palms fumbling the world around you**.

How Much Does it Cost to Treat Sweaty Palms in Santa Monica?

Cost varies depending on certain factors such as patients body type, number of injections, different services utilized, and many others. To set up a consultation to receive a quote please [contact us](#) as we are more than happy to answer any questions you may have regarding our many services. Go to our [financing page](#) to learn more about our payment options.

FAQ

Can Sweaty Palms Be Cured?

While a cure for hyperhidrosis has yet to be found, Botox injections into sweat glands have been found to be **a radical solution** in helping to curb excessive sweating. This process can be done in the hands or underarms and usually **lasts for up to 6 months**.

Does Anxiety Cause Sweaty Palms?

While anxiety may be a factor that triggers sweaty palms, there are other things that may cause it such as certain odors and foods, certain medications, menopause, injury to the spinal cord, and many more. ^[3]

References

1. *Botox for excessive sweating: How does it work?* | *MHealth.org*. (2019). Mhealth.org. <https://www.mhealth.org/blog/2019/jan-2019/botox-for-excessive-sweating-how-does-it-work>
2. Super User. (2021, June 7). *Botox® - International Hyperhidrosis Society | Official Site*. Sweathelp.org. <https://www.sweathelp.org/hyperhidrosis-treatments/botox.html>
3. Super User. (2021, June 7). *Sweaty Hands - International Hyperhidrosis Society | Official Site*. Sweathelp.org. <https://www.sweathelp.org/where-do-you-sweat/sweaty-hands.html>