Iontophoresis for hyperhidrosis with the Fischer Galvanic Unit

**Iontophoresis of hands using an assistant to control the unit**

1. Fill the 2 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 1 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 complete duration. Removing the hands or touching the electrodes during the treatment may result in a slight shock. Because 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 to 50 and “intensity” knob at zero and gradually increase the amperage using the intensity knob to the therapeutic range of 15 to 18 mA, and treat for 10 min. (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 min, decrease current flow gradually to zero.
7. When the meter indicates the flow is zero and the active light goes out, change the direction of current flow at the unit with the “Nor-Rev” (Current) toggle switch.
8. Repeat steps (5) and (6) for 10 min. The total treatment duration will be 20 min.

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

Note: This technique allows 1 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 min (20 min for each hand and foot combination).

1. Place 1 tray on a table and the other on the floor.
2. Place 1 hand in 1 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 and current flow is reduced, then the desired amperage (15 to 18 mA) 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 to 4 weeks.
3. Avoid treating patients 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 Forte 2 mg crushed and dissolved in each tray.
5. Some patients experience irritation along the water line following treatment. One percent hydrocortisone cream is usually sufficient to relieve this.

Reference: Stolman, LP. Hyperhidrosis Medical and Surgical Treatment. *Eplasty*. 2008; 8: e22. Published online 2008 April 18. PMCID: PMC2344132