Q: I suffer from facial hyperhidrosis (facial sweating) and perspire profusely, even with minimal activity.

It embarrasses me at work or at events like weddings when I start to sweat. Is there any over-the-counter medicine or treatment I can get to help me minimise it?

A: Indeed, facial hyperhidrosis can be embarrassing and distressing. To minimise sweating, you can buy an over-the-counter anti-perspirant that contains aluminium chloride and apply it on the affected areas once or twice daily. However, some people may experience skin irritation.

For very severe cases, a doctor may prescribe an oral anticholinergic drug (which helps to block the sweat gland's nervous stimulation) such as glycopyrrolate.

But some patients may experience nasty side-effects such as palpitations, constipation, dry mouth and blurred vision. Although the topical form of glycopyrrolate is safer to use, it is not widely available locally.

Another treatment option is the injection of botulinum toxin A into areas that are excessively sweaty. The effect is potent and lasts for many months but a possible side-effect is a transient weakness of the underlying facial muscle.

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