

## Iontophoresis



*Dermatology*

patient**information**

Hearing about your experience of our services is very important as it means we can pass compliments to our staff and make improvements where necessary. Tell us what you think at [feedback@rothgen.nhs.uk](mailto:feedback@rothgen.nhs.uk)

#### Slovak

Ak vy alebo niekto koho poznáte potrebujete pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

#### Slovensky

#### Kurdish Sorani

هه‌نگه‌ر تۆ یان کاسنیک که تۆ ده‌بناسی پنیوستی به‌یارمه‌تی هه‌بیت بۆ نه‌وه‌ی لهم به‌ئه‌نگه‌نامه به‌ تێبگات یان بیخوێنته‌وه‌، تکلیه‌ په‌یوهندیمان پێوه‌ بکه‌ له‌سه‌ر نه‌و ژماره‌یه‌ی سه‌ر وه‌ده‌ا یان به‌و نه‌مه‌یه‌.

#### کوردی سۆرانی

#### Arabic

إذا كنت أنت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم أعلاه، أو مراسلتنا عبر البريد الإلكتروني

#### عربي

#### Urdu

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

#### اُردو

#### Farsi

اگر چناب عالی یا شخص دیگری که شما اورا می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

#### فارسی

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email [patientinformation@rothgen.nhs.uk](mailto:patientinformation@rothgen.nhs.uk)

## **Iontophoresis**

### **What is Iontophoresis?**

Iontophoresis is used to treat idiopathic hyperhidrosis where the patient suffers from excessive sweating. Idiopathic means that the cause of the condition is unknown or that it can arise spontaneously.

### **How does Iontophoresis work?**

Iontophoresis treats idiopathic hyperhidrosis by the means of an electric current. The hands and/or feet are placed in shallow baths of water containing a metal plate. The Iontophoresis machine discharges an electrical current through water, which is passed through the patient's affected hands or feet.

### **How long is a course of Iontophoresis treatment?**

The treatment consists of three treatments a week for a three week period only.

Before starting Iontophoresis treatment a health education appointment will be arranged for you. During this appointment the nurse will explain the treatment in detail and advise you on any possible side effects. It is important that you attend all the appointments on the dates given.

## Iontophoresis

### What happens after a course of treatment?

You may wish to purchase your own Iontophoresis machine to continue treatments at home. However, should your condition relapse and become unmanageable please contact your G.P.

### Are there any reasons why I can't have Iontophoresis treatment?

- You will not be able to undergo Iontophoresis treatment if you are pregnant or trying to become pregnant
- If you have a cardiac pacemaker fitted
- If you have any metal orthopaedic implants

### Are there any precautions during treatment?

- **It is important that you do not remove your hands or feet from the baths once treatment has started. If this occurs you will receive an unpleasant (but not dangerous) electric shock**
- You must avoid contact with the metal plate electrodes to avoid any microbrushing or burns
- All jewellery must be removed, including rings, bracelets, watches, body piercing, belts any metallic item that may come into contact with the water in the baths
- Any cuts or open lesions to areas of your hands or feet that are to be treated should be covered with petroleum jelly (white soft paraffin). This prevents any unpleasant tenderness or pain during treatment. The nurse will provide and apply the petroleum jelly before treatment

## Iontophoresis

### **Are there any side effects with Iontophoresis treatment?**

The treatment can cause a tingling sensation to hands, feet (or even limbs) treated on the day.

If you suffer from eczema you may find Iontophoresis may exacerbate your eczema.

You could experience microbruising if the intensity of the treatment is too great. If you experience this, the level at which you are treated will be reduced.

**If you have any concerns or reactions following treatment it is important that you contact the Dermatology Department for advice. Telephone 01709 424436.**

### **Opening hours**

Monday to Friday

9.00am until 8.00pm

Saturdays and Bank Holidays

9.00am until 4.00pm

## How to contact us

### Dermatology Reception

Monday to Friday  
9.00am to 4.30pm  
Telephone 01709 424451

### Dermatology Department

Monday to Friday  
8.00am until 8.00pm  
Saturdays and Bank Holidays  
9.00am until 5.00pm  
Telephone 01709 424436

### Switchboard

Telephone 01709 820000

## Useful contact numbers

### NHS 111 Service

Telephone 111

### Health Info

Telephone 01709 427190

### Stop Smoking Service

Telephone 01709 422444

### A&E

Telephone 01709 424455

### For GP out of hours, contact your surgery

## Useful websites

[www.nhs.uk](http://www.nhs.uk)  
[www.gov.uk](http://www.gov.uk)  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

## We value your comments

If you have any comments or concerns about the care we have provided please let us know, or alternatively you can write to:

Patient Services

### The Rotherham NHS

### Foundation Trust

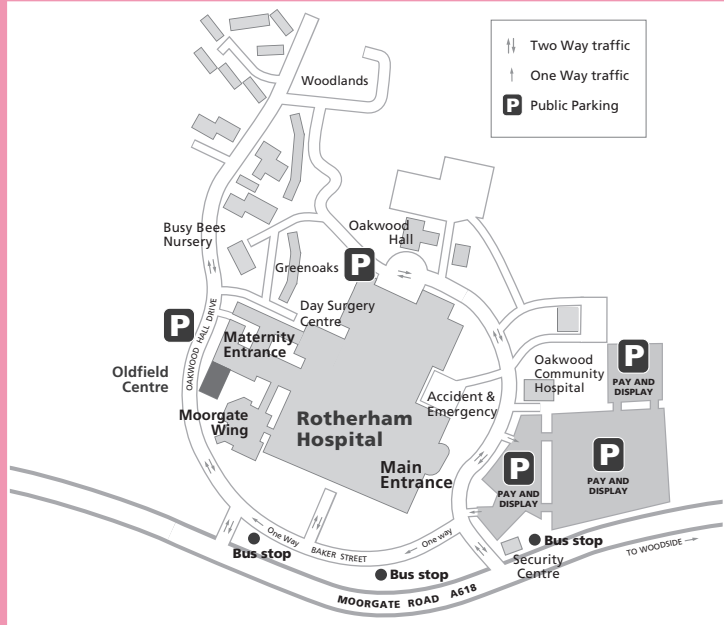
Rotherham Hospital  
Moorgate Road  
Oakwood  
Rotherham  
S60 2UD

Telephone 01709 424461

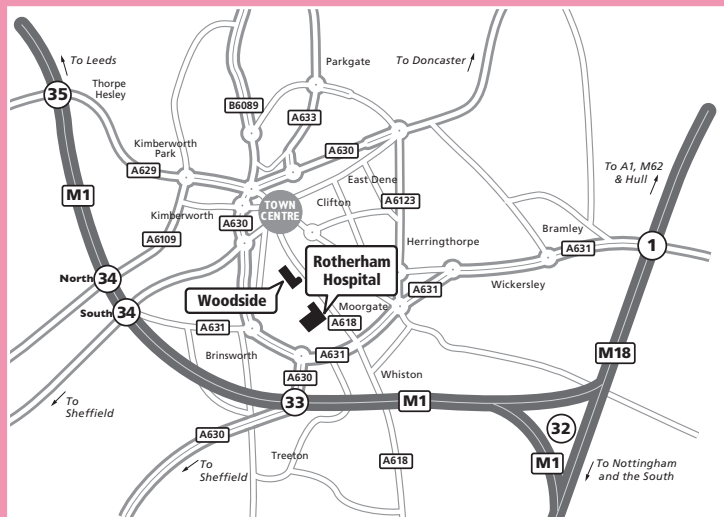
Email [complaints@rothgen.nhs.uk](mailto:complaints@rothgen.nhs.uk)

# How to find us

## Hospital site plan



## Rotherham main routes





Sustainable Forests / Low chlorine

LS 461 06/14 V4 Jones & Brooks



The Rotherham **NHS**  
NHS Foundation Trust

**Rotherham Hospital**  
Moorgate Road  
Rotherham  
S60 2UD

Telephone 01709 820000  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)

