

Hyperhidrosis Treatment Decision Checklist

Use this checklist to prepare for your appointment and compare the four main hyperhidrosis treatments in 2025: **Brella**, **Botox**, **Sofdra**, and **Iontophoresis**. Tick the items that matter most to you.

1) *My priorities*

- ☐ I prefer needle-free options
- ☐ I prefer an at-home treatment
- ☐ I want fast onset (within 1–2 weeks)
- ☐ I want longer duration per treatment (≥ 4 –6 months)
- ☐ I want lowest ongoing cost

2) *Body area(s)*

- ☐ Underarms (axillary)
- ☐ Hands (palmar)
- ☐ Feet (plantar)
- ☐ Face/head

3) *Medical screening*

- ☐ I have a pacemaker, epilepsy, or serious cardiac condition (contraindication for iontophoresis)
- ☐ I have conditions worsened by anticholinergics (e.g., glaucoma, myasthenia gravis, urinary retention) – caution with Sofdra
- ☐ I'm under 18 (Brella is adults only; Sofdra approved for ≥ 9 years)
- ☐ I'm pregnant or planning pregnancy

4) *Budget (indicative ranges)*

- ☐ Brella: ~\$300–\$500 per clinic session, lasts 2–4 months
- ☐ Botox: ~\$1,000–\$1,600 per underarm session, lasts ~6–7 months
- ☐ Sofdra: up to ~\$950 per bottle if uninsured; daily use
- ☐ Iontophoresis: ~\$450–\$500 device, minimal ongoing costs

5) *Deal-breakers*

- ☐ I will not do injections
- ☐ I cannot commit to frequent maintenance

- ☐ I need something I can start today at home
- ☐ I want the longest duration between treatments

Note: This checklist is for personal use only. It does not replace professional medical advice. Always consult a healthcare provider to decide which treatment is right for you.