



## Sweaty Palms

Sweaty palms can be an embarrassing condition.  
However, help is at hand

**S**weaty palms (primary palmar hyperhidrosis) is a condition characterised by over-secretion of the sweat glands, resulting in heavy sweating in the palms. The sweating is characteristically disproportionate to that required for regulation of body heat. It is considered a disposition, rather than a disease.

### How is the surgery for performed?

The procedure is performed under general anaesthesia. A small skin puncture is made and a 3-5 mm cannula sheath is introduced in the chest. A video telescope is put into this cannula to visualize the interior of the chest. A second cannula (2-3 mm) is also inserted into the

chest. The sympathetic chain (bundle of nerve fibres that runs from the base of the skull up to the tail bone) is identified and transected at the desired levels (usually along the second and third ribs). The same procedure is performed on the opposite side.

### What are the results after the surgery?

Surgery offers immediate relief with the patient waking up from anaesthesia with dry hands. The effect is usually permanent. Some patients experience compensatory sweating from other parts of the body like the trunk, face, lower limbs, etc.

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For more on this surgical procedure, visit the Body section on

[www.timeswellness.com](http://www.timeswellness.com)