IONTOPHORESIS FOR TREATING HYPERHIDROSIS

Info Packet

Prescribed by:
The Mayo Clinic, Duke University Medical Center, Columbia Medical Center, Georgetown University Hospital & 100s more
THE ORIGINAL NAME
IN FIGHTING EXCESSIVE SWEATING

Sweat less, live more. That’s what we’ve helped people do for 30+ years. At RA Fischer Co., we invented the #1 doctor recommended solution to excessive sweating from hyperhidrosis. With our FDA-Approved home iontophoresis device, you’ll finally have the confidence that your hands, feet, and underarms won’t be soaked when it matters most. That big meeting. First date. Handshake after handshake. Stop wasting time with creams, sprays, and pills that don’t work. Rely on the original and most trusted name in hyperhidrosis treatments: RA Fischer Co. Proudly made in the USA.

ABOUT IONTOPHORESIS

Iontophoresis is a therapeutic treatment used to treat a variety of conditions, including hyperhidrosis. It is a type of electrical stimulation that is used to administer the natural elements found in tap water into your body through your skin.

ARE THERE SIDE EFFECTS?

Unlike other treatments, iontophoresis doesn’t present any significant or serious side effects. The process is 100% all-natural and the benefits are long-term. Just make sure you keep up with the maintenance program as prescribed by your doctor.

"I cannot tell you how much this machine has changed my daughter’s life. This happy, vibrant, outgoing girl actually touches people now and shakes people’s hands without fear of them wiping their hands on their pants! Thank you R A Fischer Co.!”

- Angie

AS SEEN ON:

INTERNATIONAL HYPERHIDROSIS
SOCIETY®

SweatHelp.org

DEVICES BACKED BY A 2-YEAR WARRANTY & 60-DAY MONEY BACK GUARANTEE!

800-525-3467 WWW.RAFISCHER.COM
GENERAL OPERATIONS

MD-1:
IONTOPHORESIS TREATMENT
FOR HANDS WITH AN ASSISTANT
TO CONTROL THE DEVICE

1) Place the electrode plates in the bottom of each tray and cover with cloth. Add about 1/2 inch of water to each tray.

2) With the Fischer unit off connect the plates 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 the patient place one hand on the covered electrode plate in each tray. The fingers should be pointing towards the end of the plates that the cords are plugged into. The water level should be just above the skin of the tops of the fingers but not on the back of the hands. Remind the patient to keep hands in the water for the duration. Removing the hands or touching the electrodes during the treatment may result in a small shock.

5) Set “Intensity” knob at MIN and turn the Power Switch on. Gradually increase the amperage using the “Intensity” knob to the therapeutic range (up to 10-18 milliamps or the tolerance level of the patient) and treat for 10 minutes. Note: If the red “Active” light does not illuminate when you begin to increase current flow, return to MIN and check all connections. Polarity switch should be in the normal (NOR) position for the first part of the session.

6) At the end of 10 minutes decrease Intensity gradually to MIN.

7) When the meter indicates the flow is zero and the “Active” light goes out, switch the direction of current flow at the unit by pressing the Polarity switch to the reverse (REV) position.

8) Repeat steps 5 & 6 for 10 minutes. The total treatment duration will be 20 minutes.

ADDITIONAL NOTES & WARNINGS

- If the feet and not the hands are being treated, the patient, once taught how to use the device with one foot in each tray, may adjust the controls himself/herself.
MD-1:
IONTOPHORESIS TREATMENT
FOR HANDS WITHOUT AN ASSISTANT

NOTE: This technique allows one hand to be free so that the patient can control the unit. However, the total treatment duration is effectively 40 minutes (20 minutes for each hand and foot combination).

1) Place one tray on a table and the second on the floor.

2) Place one hand in one tray and a foot in the other tray (e.g., start with right hand and right foot).

3) Set “Intensity” knob at MIN and turn the Power Switch on. Gradually increase the amperage using the “Intensity” knob to the therapeutic range and treat for 10 minutes. Note: If the red “Active” light does not illuminate when you begin to increase current flow, return to MIN and check all connections. Polarity switch should be in the normal (NOR) position for the first part of the session.

4) At the end of 10 minutes decrease Intensity gradually to MIN.

5) When the meter indicates the flow is zero and the “Active” light goes out, switch the direction of current flow at the unit by pressing the Polarity switch to the reverse (REV) position.

6) Remove hand and foot and insert untreated hand and foot and repeat steps 3 & 4 for 10 minutes. The total treatment duration will be 20 minutes.

ADDITIONAL NOTES & WARNINGS (see page 9 in Instruction Manual)
- If the mineral content of the tap water is low, current flow is reduced, and the desired amperage (10 to 18 milliamps) may not be achieved. A teaspoonful of baking soda added and dissolved in each tray should remedy the problem.
- Patients need treatments every 2 to 3 days for 5 to 10 sessions before an effect is observed. Once a desired level of dryness has been achieved, the interval between treatments may be stretched out. Some patients need only treat themselves once every 2 to 4 weeks.
- Avoid treating patients who are pregnant, have pacemakers or implants, cardiac conditions, electrical sensitivity, or epilepsy.
- Do not treat a patient with a metal orthopedic pin, screw or rod. The current may be localized at the metal causing pain.
- Patients who fail to respond to simple tap water iontophoresis may benefit from the addition of an anticholinergic to the water. (i.e. Robinul Forte™ 2 to 4 mg crushed and dissolved in each tray at physician’s discretion.)
- Some patients experience irritation along the water line following treatment. Simple 1% hydrocortisone cream is usually sufficient to relieve this.
GENERAL OPERATIONS

MD-2:
IONTOPHORESIS TREATMENT FOR HANDS & FEET WITH AN ASSISTANT TO CONTROL THE DEVICE

1) Place the two electrode plates into the two plastic trays and cover with the cloths. Add about 1/2 inch of water to each tray.

2) With the Fischer unit off connect the electrode plates to the unit’s outputs with the supplied cords observing the color coding on cords, plates, input jacks of the unit.

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) Power on the unit. The initial setting is in “Lo1” mode which will apply 5 ma of current for a 10 minute interval. Have the patient place one hand in each tray, with the fingertips closest to the end of the plate that the cord plugs into. The water level should be just above the skin of the tops of the fingers but not over the back of the hands. When both hands are inserted, current will start automatically.

5) If the patient is easily tolerating the 5 ma level, then the intensity can be increased during treatment by pressing the up arrow “LEVEL” key. Gradually increase the ma level from 5 ma to the therapeutic range of 12-18 ma. If the patient cannot tolerate that on the first treatment work at the maximum tolerance level and try to increase that on subsequent treatments. The recommended treatment time is 20 minutes so increase the timer during the treatment for an additional 10 minutes.

NOTES & WARNINGS (see also MD-2 manual, page 2)

- If the mineral content of the tap water is low, current flow is reduced, and the desired amperage (10 to 18 milliamps) may not be achieved. A teaspoonful of baking soda added and dissolved in each tray should remedy the problem.

- Patients need treatments every 2 to 3 days for 5 to 10 sessions before an effect is observed. Once a desired level of dryness has been achieved, the interval between treatments may be stretched out. Some patients need only treat themselves once every 2 to 4 weeks.

- Avoid treating patients who are pregnant, have pacemakers or implants, cardiac conditions, electrical sensitivity, or epilepsy.

- Do not treat a patient with a metal orthopedic pin, screw or rod. The current may be localized at the metal causing pain.

- Patients who fail to respond to simple tap water iontophoresis may benefit from the addition of an anticholinergic to the water. (i.e. Robinul Forte™ 2 to 4 mg crushed and dissolved in each tray at physician’s discretion.)

- Some patients experience irritation along the water line following treatment. 1% hydrocortisone cream is usually sufficient to relieve this.
MD-2: IONTOPHORESIS TREATMENT FOR HANDS & FEET WITHOUT AN ASSISTANT

1) Place the two electrode plates into the two plastic trays and cover with the cloths. Add about 1/2 inch of water to each tray.

2) With the Fischer unit off connect the electrode plates to the unit’s outputs with the supplied cords observing the color coding on cords, plates, input jacks of the unit.

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) Power unit on– Press the Mode key to select “Lo2”. This is not a therapeutic level but will serve to get the patients used to the feel of the current. Have the patient place both hands or feet in the trays and the current will start automatically. Note: the Type 2 modes (“Lo2”, “Md2”, “Hi2”) alternate polarity every 20 seconds, during which both the green and red (NOR and REV) lights will be momentarily illuminated to indicate a polarity reversal. During this interval (about 3 seconds), the current is temporarily off and the patient can remove a hand to access the panel buttons to make adjustments if needed.

5) Have the patient continue treatment until they are used to the sensation. During a polarity change (both LEDs ON), the patient can remove a hand and press the „MODE” key twice to step up to the “Md2” mode (10 ma for 20 minutes).

6) If the “Md2” mode is easily tolerable, the patient can repeat step 3 and step up to “Hi2” (15ma for 20 minutes), or simply adjust the “LEVEL” incrementally to a suitable current between 12 and 18 ma (therapeutic range).

NOTES & WARNINGS (see also MD-2 manual, page 2)

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- Avoid treating patients who are pregnant, have pacemakers or implants, cardiac conditions, electrical sensitivity, or epilepsy.
- Do not treat a patient with a metal orthopedic pin, screw or rod. The current may be localized at the metal causing pain.
- Patients who fail to respond to simple tap water iontophoresis may benefit from the addition of an anticholinergic to the water. (i.e. Robinul Forte™ 2 to 4 mg crushed and dissolved in each tray at physician’s discretion.)
- Some patients experience irritation along the water line following treatment. Simple 1% hydrocortisone cream is usually sufficient to relieve this.
USING THE UNDERARM SPONGE PAD ATTACHMENTS
FOR YOUR IONTOPHORESIS DEVICE

1) Hold entire rubber pad, yellow sponge side up, under a running faucet. Sponge will fill with water and swell. Gently squeeze out excess water.

2) Insert banana plug tip into receptacle jack.

3) Lay flat a small hand towel. Roll it up like a tube. Place wet pad under arm with sponge side against skin. Place rolled up towel on underside of rubber pad so when you lower your arm, the towel will keep pad shaped to your underarm.

   a. If you do not use the towel spacer, you will bend the rubber pad flat.

   b. If you flatten the pad, you risk breaking the spot welds that hold the cord plug to the conducting plate inside the rubber pad.

4) Apply treatment as normal.

CAUTION: This product contains natural rubber latex which may cause allergic reactions.