

PATIENT RECOVERY GUIDE

Endoscopic Thoracic Sympathectomy (ETS) for Hyperhidrosis

A guide to your day surgery, recovery, and what to expect at William Osler Health System

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- This booklet is for general educational purposes only and does not constitute medical advice.
- Instructions given to you by Dr. Irshad's team always take precedence over information in this booklet.
- If you are experiencing a medical emergency, call 911 or go to Emergency immediately.
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ABOUT YOUR PROCEDURE

What was done

You have had an **Endoscopic Thoracic Sympathectomy (ETS)** — a minimally invasive day surgery performed through two tiny incisions under each arm. Dr. Irshad used a small telescope to divide the sympathetic nerve chain responsible for excessive sweating. The procedure is covered by OHIP and most patients go home the same day within a few hours of surgery.

WHAT TO EXPECT IMMEDIATELY AFTER SURGERY

- ****Sweating stops immediately**** — most patients notice the change in the recovery room.
- You will have ****two small dressings**** under each arm (incisions are approx. 5–8mm).
- Mild ****chest soreness**** and discomfort with deep breaths is normal for 2–3 days.
- You may feel slightly light-headed from the anesthetic — this resolves within hours.
- You will be discharged once your oxygen levels are stable and pain is controlled.

RECOVERY TIMELINE

Week-by-week recovery guide

Day 1–2

- Rest at home; mild chest soreness is expected — take prescribed pain medication
- Avoid reaching overhead or heavy lifting
- Shower after 48 hours; keep dressings dry for the first 2 days
- Normal diet — no restrictions

Day 3–7

- Most patients return to desk work and light daily activities
- Incision dressings can be removed after 5–7 days
- Light walking and gentle activity are encouraged
- No driving for 48 hours after general anesthetic

Week 2

- Full return to normal activities including exercise
- Incisions are small and typically heal with minimal scarring
- Follow-up call or appointment with Dr. Irshad's office

Long-term

- Sweating in treated areas remains absent long-term
- Discuss any concerns about compensatory sweating at follow-up

Understanding Compensatory Sweating

Some patients experience increased sweating in other areas of the body (back, abdomen, thighs) after ETS — this is called **compensatory sweating**.

This is a known and expected effect of the procedure and was discussed with you before surgery.

In most patients it is mild and well-tolerated. In a minority, it can be more noticeable.

Compensatory sweating tends to be most prominent in the first few months and may improve over time.

If you have concerns, please discuss at your follow-up appointment.

GO TO EMERGENCY OR CALL 911 IF YOU EXPERIENCE:

- Increasing chest pain or shortness of breath
- Fever above 38.5°C (101.3°F)
- Redness, swelling, discharge, or separation of incision sites
- Drooping eyelid, small pupil, or decreased sweating on one side of the face (rare — call clinic)
- Persistent dizziness or feeling faint

CALL OUR CLINIC AT (905) 458-4520 IF YOU HAVE:

- For non-urgent concerns, call the clinic before going to the Emergency Department.

QUESTIONS? CONTACT OUR CLINIC

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