



# Recovery Guide

Endoscopic Thoracic Sympathectomy (ETS) for Hyperhidrosis

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## 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

<b>Day 1–2</b>	<ul style="list-style-type: none"> <li>• Rest at home; mild chest soreness is expected — take prescribed pain medication</li> <li>• Avoid reaching overhead or heavy lifting</li> <li>• Shower after 48 hours; keep dressings dry for the first 2 days</li> <li>• Normal diet — no restrictions</li> </ul>
<b>Day 3–7</b>	<ul style="list-style-type: none"> <li>• Most patients return to <b>desk work and light daily activities</b></li> <li>• Incision dressings can be removed after 5–7 days</li> <li>• Light walking and gentle activity are encouraged</li> <li>• No driving for 48 hours after general anesthetic</li> </ul>
<b>Week 2</b>	<ul style="list-style-type: none"> <li>• Full return to normal activities including exercise</li> <li>• Incisions are small and typically heal with minimal scarring</li> <li>• Follow-up call or appointment with Dr. Irshad's office</li> </ul>
<b>Long-term</b>	<ul style="list-style-type: none"> <li>• Sweating in treated areas remains absent long-term</li> <li>• Discuss any concerns about compensatory sweating at follow-up (see below)</li> </ul>

### 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.

## ■ WHEN TO SEEK URGENT CARE

Go to the Emergency Department 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**

For non-urgent concerns, call the clinic: (905) 458-4520

### PHONE

**(905) 458-4520**

### FAX

**(905) 458-4080**

This guide is for informational purposes only and does not replace the advice of your surgical team. If you have questions, please call the clinic before going to the Emergency Department.