

Use of gloves when applying topical glycopyrronium for treatment of primary axillary hyperhidrosis



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CLINICAL CHALLENGE

The topical anticholinergic agent glycopyrronium has become a mainstay in treatment of primary axillary hyperhidrosis. Qbrexza (Dermira, Menlo Park CA), a prescription topical glycopyrronium towelette, is a highly effective treatment option for primary axillary hyperhidrosis and has limited systemic absorption. Ocular adverse effects include asymptomatic mydriasis, anisocoria, and blurry vision due to unintentional local exposure.¹ Despite counseling patients on hand washing after each use, patients may occasionally forget, and washing may be inadequate.² Residual glycopyrronium on a patient's hand(s) may unintentionally be transferred onto 1 or both eyes, leading to pupillary changes and/or blurry vision and causing distress to patients (see Fig 1).



Fig 1. Anisocoria secondary to Qbrexza exposure.

SOLUTION

Wearing disposable, nonsterile gloves when applying Qbrexza offers patients an easy and inexpensive way to limit exposure to nontargeted areas and prevent unintentional pharmacologic mydriasis, anisocoria, and blurry vision. We instruct patients to wear disposable, nonsterile gloves when applying Qbrexza and to thoroughly wash hands with soap and water for 30 seconds after disposal of both the towelette and gloves. This simple and inexpensive intervention provides additional protection to prevent accidental local exposure and ocular adverse effects.

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