Chapter 15. The Inaba Method

The authors have developed a radical technique for the treatment of bromidrosis and hyperhidrosis which utilizes a subcutaneous tissue shaver. For complete removal of sweat glands and hair follicles with only a small incision, an instrument combining a razor-type blade and a counter-pressure component was considered to be ideal. It took 4 years to produce a trial instrument, because manufacturers did not want to produce only one on the whim of a clinical physician.

15.1 Subcutaneous Shaver

The instrument consists of two jaws, one containing two notched rollers for counterpressure on the skin (Fig. 15.1). Each roller is 1 cm in diameter and is attached to the frame by an axis. The distance between the two roller axes is 1.5 cm and the length is also 1.5 cm (Fig. 15.2.a). The other jaw has a replaceable razor blade for shaving the subcutaneous layer from the undersurface of the skin. The blade width is 1.5 cm and the angle can be set at varying degrees (Fig. 15.2.b). With this instrument, the subcutaneous tissue of the axilla, including the sweat glands up to the level of a split skin graft, can be easily removed (Fig. 15.2.c).

The blade angle can be set for rough, medium, or complete shaving (Fig. 15.3). For rough shaving, the blade edge is tilted slightly away from the roller, and the blade is then introduced through the incision. Retraction on the chest causes tension on the skin. As a slight counterpressure is applied on the roller, the instrument is pulled backward to shave most of the subcutaneous tissue beneath the surface of the axillary skin. Almost all of the apocrine glands can be removed, leaving the eccrine glands and hair roots
Fig. 15.1. The subcutaneous tissue shaver. This instrument, unlike an ordinary scalpel which leaves large scars, can be inserted beneath the skin to remove the sweat glands.

Fig. 15.2.a–c. The shaving instrument. a Roller portion, b Blade portion, c Setting position.