

## Allergy Immunotherapy

The best method for controlling allergies is **avoidance**. Specific control of the offending environment(s) is essential in reducing or interrupting exposure. When sufficient relief cannot be achieved with avoidance techniques and medications, immunotherapy injections can be administered with the goal of reducing your sensitivities. Immunotherapy is effective for those allergic to: pollens, dust, mold spores, fungi, and some animal dander.

These injections are usually administered weekly for the first year and then a few weeks apart, depending on your symptoms. After a three to five year period, your allergy injections will be gradually tapered off. Some patients find it necessary to continue with a maintenance dose every four to six weeks for several years.

To reduce your sensitivities, the strength of your dose is gradually increased until you reach the maximum symptom-relieving dose. Occasionally, you may have a local reaction at the injection site, such as redness and swelling.

Interruptions in your progress can occur if you have an infection, are under stress, or have other medical problems which are not controlled. Excessive exposure to pollens, dust, molds or irritants in your environment (e.g. cigarette smoke, chemicals, metals, paint fumes, perfumes) may cause an increase in your symptoms. It may be necessary to adjust your allergy dose and to take allergy medication. Immunotherapy is not a cure for allergies and cannot provide 100% protection. You must take an active role in adjusting your environment to achieve the desired effect.

### Office Hours for Allergy Immunotherapy Injections\*

<b>Monday</b>	11:00 a.m. – 5:30 p.m.
<b>Tuesday</b>	1:00 p.m. – 4:30 p.m.
<b>Wednesday</b>	CLOSED
<b>Thursday</b>	9:00 a.m. – 11:30 a.m. 1:00 p.m. - 4:30 p.m.
<b>Friday</b>	8:00 a.m. – 11:30 a.m.

*\*An appointment is required in order to get allergy shots. Do not just show up during the times posted above. Please call to schedule your shot appointment or you may schedule it in advance for the following month. If you need to change your shot appointment for any reason, just call us and we will do our best to accommodate you.*

On a rare occasion, we may need to reschedule your appointment due to an emergency or a scheduling conflict. For this reason, please make sure we have your most up-to-date contact info and a number where you can be reached.

Should you at anytime have questions or concerns, please feel free to contact our Allergy Department @ 570-387-4368.