

PATIENT INFO: TRADITIONAL IMMUNOTHERAPY



37650 Professional Center Dr.
Suite 105A
Livonia, MI 48154
Tel 734-591-6660
Fax 734-744-8514

609 W. Main St.
Brighton, MI 48116
Tel 810-229-2887
Fax 810-229-5560

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The ultimate purpose of allergy injections is to reach the highest dose and concentration any individual patient can tolerate in order to provide the most protection against natural offending allergens. This usually requires a minimum of 24 build-up injections, one to three times per week with at least 48 hours in between injections. The more frequent you are able to receive the injections during the build-up period the sooner the relief is obtained. After reaching the maintenance dose, the injections can be given every 7 to 28 days depending on your symptoms and the season.

Allergy injections are given any time during regular office hours. Appointments are not necessary. Paris Asthma and Allergy Centers' policy:

1. You **MUST** arrive for your injection 30 minutes **BEFORE** the office closes for the day.
2. We **STRONGLY** recommend you wait 30 minutes after you receive your injection so we can treat you immediately for any serious allergic reactions to the injection.

On the day that you receive your allergy injections it is recommended that you:

1. Take your prescribed antihistamine before coming for injections.
2. For patients that are prescribed an Epi-pen it is highly recommended that you carry it on the days of your injections.
3. **DO NOT** engage in strenuous physical activity, sunbathe, or consume alcohol for approximately two hours before and after your injection.

Other precautions to consider before getting allergy injections:

1. You **SHOULD NOT** receive your injection if you have a body temperature more than 99 degrees.
2. You **SHOULD NOT** receive your injection if you are short of breath or wheezing.

LOCAL REACTIONS are common and may include redness, itching and swelling at the injection site. Local reactions may be treated with the following:

- Antihistamine (prescribed or over the counter)
- Cold packs placed on the injection site, intermittently, until the arm is comfortable.
- An analgesic medication will help relieve injection site discomfort.
- Creams, lotions, or ointments that contain Cortisone may be used for localized itching at the injection site.

PLEASE NOTE ANY LOCAL REACTIONS (location, size, and duration) THAT YOU MAY EXPERIENCE AFTER LEAVING OUR OFFICE. REPORT THIS INFORMATION TO THE STAFF BEFORE RECEIVING YOUR NEXT ALLERGY INJECTION.

SYSTEMIC REACTIONS are rare but may occur and could include symptoms of sneezing, eye tearing, generalized itching, coughing, hives, asthma, abdominal cramps, diarrhea or feeling faint. Usually, if you are going to experience any of these symptoms you will be during the 30 minutes following your injection. **ALERT THE STAFF IMMEDIATELY IF YOU THINK YOU MAY BE EXPERIENCING A SYSTEMIC REACTION.**