

Top 10 Tips About Allergy Shots “No One Told Me!” 😊

1. Take an extra antihistamine (in addition to your usual allergy medications) approximately 90 minutes before you receive your injection(s) that day, termed **“antihistamine premedication.”**
2. When you run out of your current extracts or they expire, your extracts will be remixed by our nurses in Quincy. *Signed consent is needed before extract remixing can occur.* When remixed, **your new extracts are measurably more potent than the old, expired extracts.** Therefore, **your dose will be temporarily DECREASED at the start of the new vial,** in the interest of safety. This decrease means that you must come in weekly for several visits to build back up to your maintenance dose.
3. Allergy shots are a long-term commitment, lasting for 3-5 years for most successful patients. Some patients are treated with allergy shots for longer periods of time.
4. Allergy shots are a *year-round treatment* (winter, spring, summer, and fall), even if you only have symptoms seasonally.
5. Some patients experience only temporary benefit with their injections.
6. Generally, the more frequently you receive your injections during the first 12-24 months, the more symptom control you will experience.
7. Many patients experience local reactions (swelling, redness, “a lump”, itching, pain) at the site of their injections that last for 12-24 hours. Pre-medicating with an antihistamine (see #1) can help; prevent this problem.
8. The 20-minute wait time following your injections is a recommended safety guideline in case you have a severe allergic reaction to your injection.
9. Generally, it is recommended to avoid vigorous exercise following your allergy injection that day. Resumption of exercise the next day is perfectly fine.
10. Dr. Knuffman and Dr. Pratt would like to see you back **once every year** when you are on allergy shots to make sure that the allergy shots are still appropriate for you.