



## Allergy Injection Guidelines

- Patients must come weekly for injections during build up; it does not have to be the same day each week.
- Appointments are not necessary for shots, just arrive during shot hours.  
[See our shot hours here.](#)
- Patients are advised to wait 30 minutes in the office after each injections in case you have a reaction. (See Potential Reactions below)
- No exercise for one hour before or 2 hours after injection.
- No shots if the patient is sick or has a flare up of their asthma symptoms.
- Patients under 18 must be accompanied by a parent, unless appropriate consent form is on file signed by the parent. ([Click here to download](#) our “Consent to Treat in Relation to Minors” form.)
- Patients 15 and under may come with another adult with an authorization naming that person on file signed by the parent. ([Click here to download](#) our “Authorization to Designate another party to accompany” form)
- It is very important for the patient to keep all scheduled follow up appointments to monitor the progress of treatment.

## Potential Reactions

**Local Reactions:** Usually occur within 30 minutes and may consist of itching, swelling, redness or tenderness at the site of the injections. Sometimes, a delayed reaction can occur 4 to 48 hours later. Both instances need to be noted so that the next injection may be adjusted.

Local reactions can be treated with over the counter hydrocortisone cream or Benadryl cream for itching or swelling. May also apply ice or cold pack to shot area for itching, swelling or discomfort.

**Systemic Reactions:** May consist of nasal congestion, sneezing, coughing, flushing, heart racing, and generalized itching with or without hives, abdominal cramping or nausea. Severe reactions can progress to include asthmatic symptoms with wheezing, difficulty breathing, swelling of the throat and shock. The sooner the treatment is initiated, the better the chance of reversing the reaction.

Call the office at 850-279-6520 with any questions related to your injections.