

Stone Oak Allergy

Dr. Amanda Trott-Gregorio, MD

Cluster Immunotherapy Schedule VS Traditional Immunotherapy Schedule

Traditional (Singles)

Visit/Week	Rounds	Time
1	1	30 mins
2	1	30 mins
3	1	30 mins
4	1	30 mins
5	1	30 mins
6	1	30 mins
7	1	30 mins
8	1	30 mins
9	1	30 mins
10	1	30 mins
11	1	30 mins
12	1	30 mins
13	1	30 mins
14	1	30 mins
15	1	30 mins
16	1	30 mins
17	1	30 mins
18	1	30 mins
19	1	30 mins
20	1	30 mins
21	1	30 mins
22	1	30 mins
23	1	30 mins
24	1	30 mins
25	1	30 mins
26	1	30 mins
27	1	30 mins
28	1	30 mins
29	1	30 mins

Clusters Rapid)

Visit/Week	Rounds per visit	Time
1	3	2-3 hours
2	3	2 hours
3	3	2 hours
4	3	2 hours
5	2	1.5 hours
6	2	1.5 hours
7	2	1.5 hours
8	2	1.5 hours
9	1	30 mins
10	1	30 mins
11	1	30 mins
12	1	30 mins

*Please be prepared to pay your co-pay for cluster visits 1-8.

* Once maintenance is reached, we will then start spacing you out until you reach once a month. This differs from patient to patient. We will evaluate how your build up goes before determining this.

Our shot hours are:

Monday: 8:00-5:30

Tuesday: 9:30-5:00

Wednesday: 7:30-4:30

Thursday: 9:30-5:00

Friday: 8:00-12:30

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Waiting after receiving your allergy shots

Your safety is our top priority! Subcutaneous immunotherapy (aka Allergy Shots) has been used for over 100 years. It is a safe and efficacious way of treating patients with significant airborne allergies involving your nose, eyes, skin and lungs. Countless studies have been reviewed by some of the best allergy physicians in the world resulting in the creation of practice guidelines for allergy shots. The recommendations from these guidelines are:

- (Patients diagnosed with Asthma or a history of using inhalers) wait 30 min after receiving your allergy shots.
- (Patients without Asthma AND have never used inhalers) wait 20 min after receiving your allergy shots.

If you are starting allergy shots or receiving a remix:

- You will be asked to wait for 45 min after receiving your allergy shots **ONLY** on the first day you receive injections. All other visits will adhere to the above timing schedule if you have an EpiPen.

EpiPen Prescriptions

Our practice frequently reviews the current evidence-based literature. We strongly encourage our shot patients to fill their prescriptions for an EpiPen based on our literature review. We will train you on when and how to use it. We ask that you:

- Please bring the EpiPen with you to every shot visit
- Have the EpiPen available to you for 4-6 hrs after receiving your allergy shots

It is our goal that you have a safe, efficient and productive experience with us. Please let us know if you have any questions. We look forward to serving you!

Sincerely,

Amanda Trott-Gregorio, MD
Stone Oak Allergy

EpiPen

At each visit the patient will be reminded of the appropriate method for using an EpiPen as well as the indications for its use.

- Using an EpiPen trainer, a non-physician allergy technician will demonstrate its use and the patient will be asked to demonstrate it back.
- The patient will be reminded that if EpiPen use is required, they will have to lie down flat on their back with their feet slightly elevated prior to using it.

The patient will be asked to demonstrate an appropriate understanding of the indications for the EpiPen's use.

- Namely, use the EpiPen as instructed for symptoms consistent with a systemic type 1 hypersensitivity reaction with **2 or more organ systems involved**.
- More than 75% of systemic reactions involve skin findings such as flushing, itchy skin or hives.
- This alone would **not** be an indication to use the EpiPen.
- However, **skin findings accompanied by other symptoms such as:**
 - “an impending sense of doom”
 - Nasal symptoms (runny nose, sneezing, congestion)
 - Throat symptoms (swelling, itching, drooling, change in the quality of voice)
 - Chest symptoms (cramping, nausea, vomiting, diarrhea)**would necessitate its immediate use.**

- In rare cases in which the patient does not have skin findings but has the above symptoms, they are further advised to use the EpiPen **sooner rather than later**.
- Additionally, if the patient ever feels like they're having a life-threatening reaction, they should use their EpiPen.

All patients have been provided with EpiPen 2 packs and instructions that if symptoms do not resolve after 5 minutes subsequent to the initial EpiPen administration, they should use their second EpiPen immediately.

If you ever use your EpiPen, you must first call 911 and then call your doctor.



Allergen Avoidance

Dust Mite Avoidance

1. Use central air conditioning and heat and change the filter monthly (Pleated filters, such as filterrete, work better than mesh filters). Electrostatic filters may also be used and are washed monthly.
2. Window air conditioners may be used, but do not clean the air as well as a centralized air conditioner. Change or wash the window units filter monthly.
3. Keep windows closed. Do not use attic fans and avoid using ceiling fans as these disturb the dust and make it airborne.
4. Encase the mattress, box springs, and pillows with zippered, dust/allergen proof covers. Covers can be found missionallergy.com, nationalallergy.com, achooallergy.com, and other sites. Do not get the covers that are non-breathable "plastic" type as these trap moisture in and can lead to mold in the mattress.
5. Wash the bed linens in hot water weekly.
6. Remove carpet, especially from bedrooms. Vacuums with HEPA filter are best.
7. Use wood, vinyl or leather furniture instead of cloth furniture in the bedroom.
8. Remove stuffed animals, throw pillows, dust ruffles, heavy drapes and other items that collect dust from the bedroom. A favorite stuffed animal can be treated by seeing it in a plastic bag, freezing it to kill dust mites, then washing it in the washing machine.
9. Do not use a humidifier as dust mites rely on the moisture in the air to thrive. It is preferred that humidity in the home is less than 50% (monitor with a humidity gauge).
10. Air purifiers with HEPA filter may help, especially in the bedroom.

Pollen Avoidance

1. Avoid outdoor activities during the mid-day and afternoon as this is when pollen levels are the highest. Pollen released in early morning.
2. Avoid being outside when the grass is being mowed or wear a mask and protective eye wear if you must mow the grass.
3. Keep the windows closed to keep pollen outside of the home/car.
4. Use an air conditioner with pleated filter, such as filterte, and change the filter every one to two months.
5. Take a shower and wash your hair after working and playing outdoors during pollen season.

Mold- Indoor Avoidance

1. Use air conditioning to reduce indoor humidity. Do not use a humidifier.
2. Keep indoor humidity at 30-40%, which can be monitored with humidity gauge. Use a dehumidifier if needed.
3. In the bathroom use an exhaust fan or open a window when showering. Wipe down damp surfaces after showering. Clean bathrooms with a mold-killing solution (diluted bleach, or products like Thex, etc.) at least once a month.



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4. In the kitchen use an exhaust fan to remove steam from cooking. Throw away spoiled foods immediately, and empty garbage daily. Empty water pans below self-defrosting refrigerators frequently.
 5. Vent the clothes dryer to the outside.
 6. Remove carpet from the bedroom.
 7. Encase the mattress and box springs with a zippered encasing. Covers can be found at missionallergy.com, nationalallergy.com, achooallergy.com, and other sites. Do not get covers that are non-breathable "plastic" type as these trap moisture in and can lead to mold in the mattress.

Mold-Outdoor Avoidance

1. Avoid being outside when the grass is being mowed or when the ground is tilled.
2. Avoid playing in leaves, pine straw, hay, etc as dead plant materials contain mold.
3. Avoid going into barns or grain storage areas.
4. Remove leaves, clippings and compost from the ground home.

Cockroach Avoidance

1. Limit food to the kitchen and dining area, especially keep food out of bedrooms.
2. Keep food and garbage in closed containers with a lid. Never leave food out in the kitchen. Do not leave out pet food or dirty food bowls.
3. Mop the kitchen floor and wash countertops at least once a week.
4. Repair leaky pipes and faucets so there is no standing water to attract roaches.
5. Seal cracks in the house through which cockroaches can enter.
6. Use cockroach bait stations and approved pesticides.

Instructions for Effective Use of Nasal Steroids

Step 1: Use 1 squirt of Afrin or Neo-Synephrine in each nostril and repeat in one minute. Do not use these topical vasoconstrictors for more than 3 days at a time as a "rebound" effect can occur and make congestion worse.

Step 2: Wait 10 minutes then rinse your nose with nasal saline spray (ocean spray, eye spray, etc.) or use your saline lavage (Ayr, NeilMed, Nasaline, or Waterpik adaptor). Blow your nose gently until no mucous comes out.

Step 3: Use your prescription nasal spray by tilting your head down and aiming the spray tip straight up so that it is pointing back of the head. Angle the tip slightly to the side of your head pointing the direction of your ear on that same side and squirt one spray. Do the same to the other side. You may lightly sniffle or pinch the nose closed to keep the medicine in the nasal area. Repeat in a few seconds if you are to do 2 sprays in each nostril.