



Excellence in Specialty Care for the Head and Neck ~ A Division of Select Physicians Alliance, PL

ALLERGY SHOTS (IMMUNOTHERAPY)

Allergen immunotherapy, also known as allergy shots, is a form of long-term treatment that decreases symptoms for people with allergic rhinitis, allergic asthma, conjunctivitis (eye allergy).

Allergy shots decrease sensitivity to allergens and leads to lasting relief of allergy symptoms even after treatment is stopped.

This makes it cost-effective, beneficial treatment approach for many people.

Allergy shots work like a vaccine. Your body responds to injected amounts of a particular allergen, given in gradually increasing doses, by developing immunity or tolerance to the allergen.

There are two phases:

- *Build-up phase*-This involves receiving injections with increasing amounts of the allergens about one to two times per week . The length of this phase depends upon how often the injections are received, but generally ranges from three to six months.
- *Maintenance phase*-This begins once the effective dose is reached. The effective maintenance dose depends on your level of allergen sensitivity and your response to the build-up phase. During the maintenance phase, there will be longer periods of time between treatments, ranging from two to four weeks.

You may notice a decrease in symptoms during the build-up phase, but it may take as long as 6 months on the maintenance dose to notice an improvement. If allergy shots are successful, maintenance treatment is generally continued for three to five years.

TAMPA

4714 N. Armenia Ave – Suite 200
Tampa, FL, 33603
P: 813-872-8794 / F: 813-879-1652

TRINITY

1818 Short Branch Drive – Suite 103
Trinity, FL 34655
P: 352-593-3277 / F: 352-462-3277

SPRING HILL

4655 Keyville Avenue
Spring Hill, FL 34608
P: 352-688-0800 / F: 352-688-0468