

Allergic Patient Instructions

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Patient Name: _____

Date: _____

You have:

Nose Allergies Eye allergies Asthma Other: _____

You are allergic to:
 Dust Mites

- In order to avoid exposure to these allergens you can**
- * Use **dust mite proof covers** for your pillows and mattress (& box spring).
 - * Wash bed sheets and pillow covers in **hot water** (130°F) every week.
 - * Dry linen for additional 20 minutes on **HOT** if washing water is not hot enough.
 - * Minimize clutter and dust collecting surfaces.
 - * Remove stuffed toys from bedroom (OR Freeze them overnight every 2-3 weeks).
 - * Keep **humidity below 50%**
 - * If you do not have carpeted floors, do **NOT** carpet the floors.

Cats / Dogs

- * **Remove the pet** from the home environment. **This is the preferred choice.**
- * If that is not possible, then the following **MAY** help:
 - * exclude pets from bedrooms
 - * do not let pets on upholstered furniture
 - * wash your pet at least once a week.
 - * use high efficiency air filters (HEPA filters).
- * **Remember:** it takes a few months to get rid of dog and cat allergens after they are excluded completely from the environment.

Molds

- * Keep home and car windows closed. Use air conditioning all the time.
- * Keep **humidity below 50%**. Do **NOT** use a humidifier.
- * Avoid indoor plants.
- * **Repair** any possible sources of **leaks** in bathrooms and basements.
- * Use commercial fungicides to clean existing moldy areas.
- * Avoid raking old and damp leaves. **Use proper mask** if you have to do it!

Pollens

(Trees, Grasses, Weeds)

- * Keep home and car windows closed. Use **air conditioning** all the time.
- * Avoid outdoor exercise and extended activities when pollen counts are high.

You need to take the following medicine(s):

Medicine	Number	Times Daily			Notes
		1	2	___	
	pill(s) spray(s) puff(s)	1	2	___	
	pill(s) spray(s) puff(s)	1	2	___	
	pill(s) spray(s) puff(s)	1	2	___	
	pill(s) spray(s) puff(s)	1	2	___	

Follow up visit in

Months

As needed

Other Instructions & Notes:

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