
SEASONS ALLERGY CLINIC

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Understanding Allergy Shots (Immunotherapy)

At Seasons Allergy Clinic, we offer allergy immunotherapy, also known as “allergy shots”, as a highly effective treatment option for many patients. Our approach to managing allergies includes:

1. Avoiding known allergens whenever possible
2. Using medications to relieve symptoms
3. Offering immunotherapy when appropriate

While avoidance is key, some triggers (like dust mites or pollen) can be difficult to eliminate. Allergy shots can help reduce or eliminate your body’s sensitivity to these allergens over time, improving and often eliminating your symptoms.

Allergy shots are most effective for inhalant allergens like pollens, dust mites, mold, and pet dander. They are not used for food allergies.

Getting to Maintenance

Your treatment begins with a build-up phase of allergy shots, where we gradually increase the dose of your allergens to reach a target “maintenance dose.” This can be done in one of two ways:

- Traditional build-up: Weekly injections over approximately 4 months
- Cluster build-up: Multiple injections per visit, allowing patients to reach maintenance sooner

Once you reach your maintenance dose, most patients continue with monthly injections.

You’ll know you’ve reached ideal maintenance when your symptoms improve during your typical allergy season. Many patients continue immunotherapy for about 5 years to achieve long-term benefit. If symptoms return after stopping, restarting shots may be recommended.

Our Safety Protocol

Allergy shots must be given under medical supervision. For your safety:

- You'll need to remain in our clinic for **30 minutes** after each injection
 - Most serious reactions occur within this window
 - Early symptoms may include itchy palms, neck, or a general sense of unease
 - Severe reactions are rare and quickly treated by our staff
 - Mild local swelling is more common and typically resolves within hours
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Your Role in Treatment Success

- **Be consistent:** Weekly visits are essential during the build-up phase
 - **Stay after your shot:** Always remain in the clinic for 30 minutes
 - **Take your antihistamine:** On injection days, unless otherwise directed
 - **Don't skip appointments:** Missed shots may require a dose reduction
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Let us help you breathe easier and live better, one shot at a time.