



## **Symptoms of Allergic Reactions**

You should be aware of possible symptoms after skin testing or from taking your sublingual drops.

### **Local Skin Reactions:**

May occur 20 minutes to 36 hours after a skin test.

- Arm redness and swelling
- Enlarged skin wheal (testing spots greater than a half-dollar)
- Hives

Call our office immediately at 928-224-2834 to speak with one of our medical staff. If you cannot reach us immediately, you may apply ice to your arm and take benadryl (may cause drowsiness).

### **Systemic Reactions:**

Onset is usually 15-20 minutes after skin test or sublingual drops administered.

- Difficulty breathing, shortness of breath, wheezing or high pitched breathing sounds
- Feeling of the throat closing
- Persistent coughing
- Tongue and lip swelling
- Hives/generalized itching
- Anxiety, confusion
- Heart palpitations and chest pain
- Skin flushing and warmth
- Nausea and/or vomiting

If these symptoms occur after you leave the office, immediately call 911. Don't attempt to drive yourself in case you don't make it. This will also ensure prompt treatment and avoid the intake process at the emergency room check-in.

Call our office immediately if you have any questions. Do not exercise the day of testing and/or first drop of sublingual immunotherapy since this can increase the risk of these reactions.