

# Allergy Treatment



## Allergen Avoidance

- Stay indoors during high pollen counts
- Bathe when you come in from outside
- Saline rinses to cleanse the nose, especially prior to intranasal medications
- Rinse the eyes with artificial tears to dilute the allergen

## Antihistamines -

- reduce itching, sneezing, and runny nose, with less impact on nasal congestion.
- Zyrtec, Xyzal and Claritin work for 24 hours, while Allegra lasts 12 hours so should be taken twice daily.
- All are less sedating than Benadryl, and typically Allegra is the least sedating of this class.
- Act immediately and can be used on an “as needed” basis.

Zyrtec (cetirizine)	Claritin (loratadine)	Allegra (fexofenadine)	Xyzal (levocetirizine)
6 months to 2 years - 2.5 mg (2.5ml) once daily	Not indicated less than 2 years	6 months to 2 years - 15 mg (2.5ml) twice daily	6 months to 5 years - 1.25 mg (2.5ml) once daily at bedtime
2 to 5 years - 5 mg (5ml) once daily	2 to 5 years - 5 mg (5ml) once daily	2 to 11 years - 30 mg (5ml) twice daily	6-11 years - 2.5 mg (5ml) once daily at bedtime
6 years and older - 10 mg (10ml) once daily	6 years and older - 10 mg (10ml) once daily	12 years and up - 60 mg(10ml) twice daily OR 180mg extended release once daily	12 years and older - 5mg (10ml) once daily at bedtime

## Nasal Steroids -

- currently the most effective single maintenance therapy for allergic rhinitis and cause few side effects at the recommended doses. Nasal steroids are particularly effective in the treatment of nasal congestion.
- more effective than oral antihistamines for relief of nasal blockage, nasal discharge, sneezing, nasal itch, postnasal drip, and total nasal symptoms.
- Most of these have an onset of action of a few hours. However, maximal effect may require several days or weeks in patients with long-standing untreated symptoms.
- Prescription preparations - Nasonex
- Over the counter options-

Flonase (Fluticasone) (not recommended under 4 years)	Flonase Sensimist (Fluticasone furoate)	Nasacort (Triamcinolone)
4-11 years: 1 spray in each nostril daily	2-11 years: 1 spray in each nostril once daily	2-6 years: 1 spray in each nostril once daily
12 years and up: 1-2 sprays in each nostril daily (decrease to 1 spray when symptoms are controlled)	12 years and up: 2 sprays in each nostril daily, reduce to 1 spray in each nostril when symptoms are controlled	6 years and up: 1-2 sprays in each nostril daily (decrease to 1 spray when symptoms are controlled)

## Allergic conjunctivitis

- Try not to rub - this will actually make symptoms worse!!!
- Frequent use of refrigerated artificial tears can help dilute and remove allergens
- Cool compresses can help reduce swelling around the eyes
- Allergy eye drops such as Patanol or Pataday (prescription) or Alaway or Zaditor (OTC) - common side effects include stinging and burning upon instillation. Patients may find it helpful to refrigerate the drops and/or use refrigerated artificial tears before using these medications.