



## Discharge Instructions For Allergy

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### Allergy:

Allergies are an immune system reaction to a substance called an allergen. Your immune system sees the allergen as harmful and attacks it. An allergic reaction can be mild or life-threatening. A life-threatening reaction is called anaphylaxis. Anaphylaxis is a sudden, life-threatening reaction that needs immediate treatment.

### Discharge Instructions:

- Carry a medical alert card that explains the allergy. Ask your physician where to get these items.
- Inform physicians of the allergy. This includes dentists, nurses, doctors, and surgeons.
- Be careful when you exercise. If you have had exercise-induced anaphylaxis, do not exercise right after you eat. Stop exercising right away if you start to develop any signs or symptoms of anaphylaxis. You may first feel tired, warm, or have itchy skin. Hives, swelling, and severe breathing problems may develop if you continue to exercise.
- Do not go outside when pollen counts are high if you have seasonal allergies. Use your air conditioner, and change air filters often.
- Avoid dust, fur, and mold. Dust and vacuum your home often. You may wear a mask when you vacuum. Keep pets in certain rooms, and bath them often.
- Avoid areas that attract insects if you have an insect bite or sting allergy. Areas include trash cans, gardens, and picnics.
- Keep a list of medication and bring it on the follow up visit or in case of coming back to emergency room

### Come to emergency room in case of:

- Trouble breathing,
- Swelling in your mouth or throat, or wheezing.
- You have itching, a rash, hives, or feel like you are going to faint.
- You have tingling in your hands or feet.
- Your skin is red or flushed.

### Follow up with dermatology clinic within one week or in case of:

- Skin rash or itching persist or recur.
- You have questions or concerns about your condition or if you want to search for the causative factors.

we wish you continued health and wellness

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