

Desensitisation (Immunotherapy) using tablets

You suffer from severe hay fever discomfort or an allergic bronchial asthma, and we have recommended desensitisation with tablets. This leaflet can help you to quietly consider at home whether this therapy is suitable for you.

What's it all about?

An allergy is the reaction of the body to a harmless substance that you breathe in or take in via the mouth. The reaction of your body leads to itching, burning eyes, a runny nose and frequent sneezing, and also to breathing difficulties in the case of asthma.

With the desensitisation therapy, also known as immunotherapy, we try to accustom the body to the substances to which you are allergic. This is a relatively slow process, as your body has to be repeatedly provoked with small amounts of the allergen material.

How does the therapy work?

There are several therapy plans. All of them run over a period of three years, some of them for six months a year, and the others throughout the whole three years.

It's important that you don't forget to take the tablets, because you can only expect a good result with a regular intake.

You must place a tablet under your tongue every day and let it melt. Your mouth may feel itchy during the first few weeks, but this will stop after a short time.

How often will I have to go to the doctor?

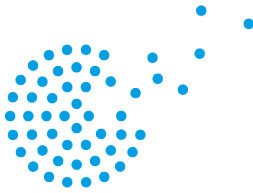
You take the first tablet in the practice, where we will explain the most important points to you again. We will also keep an eye on you for half an hour to ensure that you do not suffer an allergic reaction. You will take the subsequent tablets at home.

When tablets, when injections?

This depends on your allergy, but also on our experience and knowledge. Desensitisation with injections has been known for some time, and it's known that it works very well. It also provides some protection against bronchial asthma or the onset of new allergies.

The tablet therapy also works well. There are no comparative studies, but we have the impression that the injections work a little better. They have more side effects than the tablets, however. On the other hand, you are on your own with the pills: we cannot check that you always take them.

This is very important for the success of the therapy, however.



If you are afraid of injections, we may be able to switch to tablets, but not in every case. A desensitisation with tablets is currently only available against grass pollen (from 5 years of age) or house dust mites (from 12 years of age). Therapies with drops are not very promising, which is why we don't recommend them.

What side effects could occur?

As mentioned above, some patients experience itching in the mouth, and, more rarely, swelling of the lips. Other allergic reactions are rare. You will receive an emergency kit from us to cover all cases.

What else should I know?

1. Do not brush your teeth until 10 minutes after taking the tablet, don't eat or drink anything, and don't chew gum.
2. Tooth loss or surgery in the oral cavity: please pause the medication until the wound has healed (in the case of dental hygiene: simply do not take the tablet on this day)
3. Illness: If you have a fever or an inflammation in the mouth/throat area: please pause the medication until you are well again.
4. Please contact us if the side effects do not go away after the first two weeks.

Do you still have any questions?

A desensitisation therapy needs to be well considered. We want you to start into your therapy with full conviction. Are you still unsure? Talk to us, we are there for you!

With best regards

The team of the Baar Children's Practice