

Desensitisation (Immunotherapy) with injections

You suffer from severe hay fever or an allergic bronchial asthma, and we have recommended desensitisation with injections to you. 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 long does the therapy last?

There are several therapy plans. All of these plans last for three years or three seasons. Certain therapies are carried out once a week for eight to nine weeks per season. Other plans also start with eight to 17 injections once a week, but then only one injection a month for the rest of the three years.

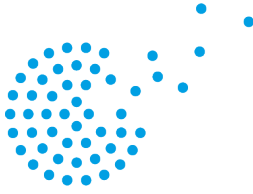
If you are allergic to two substances at the same time, we will carry out two desensitisations simultaneously. You then receive an injection on each upper arm.

Do I have to come every week?

We are happy to plan for once a week, because the therapy will then be completed more quickly. If you are going on holiday, or are ill, we will postpone the injection. If we have to postpone for more than one week, we may have to inject one dosage strength twice, however. This means that you will receive one more injection than planned.

Why does it have to be injections?

The substances to which you are allergic have to find their way into your body, where they are presented to the immune system. There are desensitisation therapies with tablets or drops. The drop therapy does not work very well, and tablets are only available against a grass or mite allergy. If you are very afraid of injections, we'll take a closer look at this with you.



Do the injections hurt?

The injections are made under the skin and not, as with many vaccinations, into the muscle. You will feel the prick, of course, but it's over quickly and doesn't really hurt. We will help you to distract you. For the vast majority of patients, the injection is no longer a problem after two to three appointments.

What side-effects could occur?

You will often notice a redness around the puncture site, and it will also itch and may swell up somewhat for two or three days. We will cool your arm down if it becomes uncomfortable, and your parents will be given a cream and tablets to stop the itching.

In very rare cases, there can be some allergic reactions (hives, swelling, shortness of breath).

These reactions only actually occur in the first half-hour after the injection. That's why you always have to stay in the practice for half an hour! We will keep an eye on you, and we're well equipped to treat you immediately in case of any allergic reactions.

What else should I know?

We are very strict regarding certain rules!

1. You are not allowed to carry out any sporting activity in the two hours before the injection and on the same evening, and you shouldn't run around a lot, ride a bicycle or take a hot bath/shower.
2. Please contact us if you don't feel well on the day of the injection, or if you have a fever or a cold. We only inject you when you are completely well.
3. In the case of pollen allergy, the therapy must be completed before the start of the pollen season. You could otherwise suffer more side-effects.
4. You will be given an emergency kit in case you suffer any allergic reactions at any time. You must always bring this with you, and have it with you on the day of the injection.
5. We need to monitor you for 30 minutes in the practice, so please plan your time schedule so that this is possible. If you do suffer an allergic reaction, we will monitor you even longer. Until we're all sure that you're feeling better!

Do you have any other questions?

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

With best regards

The team of the Baar Children's Practice