

☎ 1300 952 808 📠 (03) 9429 3627

➔ MELBENTGROUP.COM.AU

📍 G2/173 LENNOX STREET, RICHMOND VIC 3121

ABN 88 181 798 030

Patient Information on Pet Allergies

Who is this information for?

This information is for children and adults with a pet allergy.

What is a pet allergy?

An allergen is an irritant that may result in symptoms such as allergic rhinitis (refer to Allergic Rhinitis patient information sheet).

Pet allergy occurs if an individual develops allergy antibodies to proteins (allergens) from the pet.

The most common allergies are to dogs and cats with the allergen protein being found mainly in the animals' saliva or fur.

Patients with asthma may find their asthma is exacerbated as a result of a pet allergy. Symptoms are usually persistent and present throughout the year.

What treatment options are available to manage pet allergies?

Treatment options available to manage allergic rhinitis include:

- Aeroallergen avoidance/minimisation
- Medications
- Allergen specific immunotherapy

What are the aeroallergen avoidance strategies to manage pet allergies?

- Keeping pets restricted to certain rooms of the house and not allowing them in the bedrooms
- Limiting soft furnishings where possible and vacuuming carpets, mattresses and upholstery regularly
- Washing your hands after stroking or playing with your pet
- Changing clothes after coming in contact with your pet in severe cases of allergy
- Washing pets once a week
- If an individual has severe allergic tendencies, do not bring the pet into the home
- Do not smoke as exposure to environmental smoke can worsen allergic symptoms and make a number of allergies including pet allergy more likely to develop

What medications are available to manage pet allergies?

- Antihistamines (tablets/nasal spray): are effective in managing histamine-related symptoms such as itching, watery nose/eyes and sneezing. This medication is not helpful for nasal blockage.

Information for patients, families and carers



- Nasal steroids spray/drops: often used as first line management in children aged over 2 and adults, mainly to treat nasal congestion or blockage.
- Nasal irrigation: washing out the nasal cavity has been shown to reduce the amount of allergens in the nose (refer to Nasal Irrigation patient information sheet).

Is allergen specific immunotherapy available for pet allergies?

Allergen specific immunotherapy is available to manage pet allergies in very severe cases. It involves exposure to a small amount of the allergen in order to induce tolerance. Specific immunotherapy is the only treatment that modifies the immune response to allergens rather than just treating the symptoms. A typical treatment may require monthly injections over 3-5 years or giving the allergen sublingually (under the tongue) on a daily basis for 2-3 years. Immunotherapy is usually considered in older children and adults when symptoms are not well controlled with other measures.



Information for patients, families and carers



Concerns or questions?

You can contact your ENT Specialist at the Melbourne ENT Group (MEG):

- Phone: 1300- 952-808
- Email: admin@melbentgroup.com.au
- Website: www.melbentgroup.com.au



Your GP is also the best contact for ongoing care and concerns.

Further information

The Australasian Society of Clinical Immunology and Allergy has published further information about allergy testing and treatment options on their website:

www.allergy.org.au



Scan this QR code with your smartphone camera to automatically visit website