



Arizona Institute of Eye Surgery LLC

**PRESCOTT VISION  
& EYE SURGERY CENTER**

## Allergy Skin Testing

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You are having Allergy skin testing to determine whether or not a particular allergy causing substance (allergen) is causing your allergy symptoms.

Your skin has been exposed to suspected allergens and will be observed for signs of an allergic reaction. Information from the allergy test may help your doctor develop an allergy treatment plan specific for you.

To see if your skin is reacting normally, two additional substances were scratched into your skin's surface:

- **Histamine.** This typically causes a skin reaction; if you don't react to histamine, your allergy skin test may not reveal an allergy even if you have one.
- **Glycerin.** As the allergens are Glycerin based, your doctor needs to make sure you're not allergic to the Glycerin or have "sensitive" skin which might cause a false allergy diagnosis.

### **WHAT TO EXPECT:**

You may notice some of the tested sites will become red, swollen, itchy and irritated (similar to having a bug bite). Please don't rub or scratch the tested sites as this will compromise the results. Before you leave your doctor's office, you will know the results of the allergy skin test.

About 10-15 minutes after the scratch allergy test, your doctor will examine your skin for signs of allergic reactions. If you are allergic to one of the substances tested, you'll develop a raised, red, itchy bump (wheal) again similar to a mosquito bite. These will then be measured and recorded.

Although extremely rare, allergy skin tests can produce a severe, immediate allergic reaction. Therefore the skin test is performed under your doctor's supervision. If you develop an immediate severe allergic reaction in the office or in the days following a skin test, let your doctor know immediately.

By properly identifying your allergens and a treatment plan, you'll be able to reduce or eliminate allergy signs and symptoms. A custom treatment protocol will be discussed with you to determine which approach is most suitable. These include allergen avoidance, medications and/or immunotherapy.



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### *Allergen Avoidance*

If the offending allergen could be totally avoided, then this would “cure” the underlying allergy.

Avoidance is considered first line treatment. Every effort to avoid and/or minimize the allergen exposure should be made. By properly identifying the underlying allergy, your physician can offer you a custom treatment protocol to alleviate and possibly eliminate your allergy symptoms.

To maximize the allergy treatment and minimize symptoms, suitable allergy avoidance options are readily available through your physician.

### *Medications*

Medications are routinely used to manage the symptoms related to allergies. Depending on the type of allergy your physician will determine the best oral and/or topical medication to use.

These can include vasoconstrictors, anti-histamines and/or steroid treatment.

### *Natural Therapy*

Numerous studies have suggested that certain nutritional supplements can significantly improve allergy symptoms and can be as effective as Prescription antihistamines.

### *Immunotherapy*

Immunotherapy treats the underlying allergy and modifies the immune system. This process increases the patient’s tolerance to the allergen exposure by introducing and increasing the exposure to the indicated allergen extract.

**By properly diagnosing your allergies, your Doctor can determine which treatment protocol is most beneficial for you.**

**To maximize your allergy treatment, all the above-mentioned options are readily available through your physician.**