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SAN ANTONIO HEAD & NECK SURGICAL ASSOCIATES, P.A. DBA

# Ear, Nose & Throat Clinics of San Antonio, P.A.

## INSTRUCTIONS FOLLOWING ALLERGY TESTING

1. You may apply Benadryl or Cortisone Cream to the testing area to help with the itching.
2. Try not to scratch the areas, as you can burst the testing welts and/or cause infection.
3. If the testing welts become larger than they are on the day of testing, please contact our office. In some instances, patients can experience delayed reactions to allergens such as molds and mites. **If you experience a delayed response**, please return to the clinic where allergy testing was performed.
4. The testing welts should disappear within a few days. It is not uncommon for these to remain visible for even up to a week.
5. You may begin taking medication that you discontinued prior to allergy testing.
6. No vigorous activity for two hours after testing.
7. In case of severe anaphylaxis, such as difficulty breathing or facial swelling, please dial 9-1-1.

If you should have any questions or concerns about your allergy testing, please contact the office where the allergy test was completed.

### Allergy Department Contact Information

210.249.4814 Hamilton Wolfe (NW)	210.499.0732 Stone Oak (North Central)
210.337.1050 Southcross (SE)	210.590.2597 Randolph Blvd. (NE)
	210.656.9506