



The Itch Clinic

Allergy, Dermatology, and Otology

Dr. Keith A Hnilica DVM, MS, DACVD

ALLERGY PREVENTION

1. POLLEN ALLERGIES – remove pollens

BATHE every 3-7 days with a disinfecting shampoo to wash off pollens and kill bacteria and yeast.

After shampoo **apply** a skin barrier restoring **OATMEAL conditioner/spray**

Apply the **Genesis Spray** to red itchy spots in-between the baths to prevent infection.

Treat the EARS with prevention therapy after every bath (warmed **LETK** ointment)

WIPE the feet, chin, and face folds with **baby wipes** at bedtime.

Always wipe in the direction of hair growth to remove any ingrown hairs.

2. FOOD ALLERGENS

REMOVE ALL BEEF, DAIRY, CHEESE, CHICKEN, EGG, TURKEY, VENISON, BISON, BUFFALO, ETC

in the food and treats forever (READ THE INGREDIENT LIST!!)

Select **VEGETARIAN, Lamb, Rabbit, lean Pork, or FISH/SALMON diet** (see email list)

3. INSECTS ALLERGIES make sure **ALL** pets are treated with a NEW generation (**nonBeef/nonChicken**)

Flavor Tabs: Sentinel or Interceptor (old formula) milbemycin - heart-worm and intestinal parasite control

SIMPARICA every 30 days for mites, **chiggers, mosquitoes, fleas, and ticks.**

Revolution Plus every 30 days for **cats.**

4. BLOCK HISTAMINE: Antihistamines help reduce the skin irritation and have few side effects.

In the **MORNING** (and up to every 12 hours for severe itching) give _____ generic **Zyrtec or Allegra**

At **BEDTIME** (and up to every 12 hours for severe itching) give _____ generic **Benadryl (25mg).**

5. PROMOTE SKIN AND GLAND HEALTH

Essential Fatty Acid (EPA) (1000mg EPA per 25 lbs weight).

Vitamin A + B + D daily to prevent “Old Dog Warts” skin tumors and improve gland health (2,000 IU per 25 lbs).

Melatonin for hair growth and rejuvenate geriatric conditions and behaviors (5mg or 10mg every 12-24 hours).

Human Probiotic daily mixture of Bacillus fermented and B. Paracasei give daily

Oolong Tea can benefit 70% of patients (HAS CAFFEINE)

Hemp Seed Oil - 1-2 tablespoons daily

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**TREATING ATOPY (ENVIRONMENTAL ALLERGIES) CAN BE VERY SUCCESSFUL
BUT DOES INVOLVE WORK AND LONG-TERM TREATMENT.**

1. ALLERGY PREVENTION THERAPY

REMOVE POLLEN WITH FREQUENT BATHS AND WIPES AND GENESIS SPRAY

PREVENT INSECTS WITH MONTHLY SIMPARICA, CREDELIO

BLOCK HISTAMINE WITH DAILY GENERIC ANTIHISTAMINES

PROMOTE SKIN and GLAND HEALTH WITH OMEGA 3 FATTY ACID and VITAMIN A

FOOD ALLERGY RESTRICTED DIET TO AVOID ALL BEEF, DAIRY, CHEESE, CHICKEN,
NO EGG, TURKEY, VENISON, BISON, BUFFALO. **(list available)**

HYPOTHYROIDISM - THYROID BLOOD LEVELS SHOULD BE CHECK WITH LAB-WORK

TREATMENT FOR POLLEN ALLERGIES

SAFE

2. **CYTOPOINT - MONOCLONAL ANTIBODY THERAPY INJECTION**

90% EFFECTIVE IN 48 HOURS

REPEATED EVERY 2-3-6 MONTH

Injection stings but otherwise NO SIDE EFFECTS

3. **ALLERGY SKIN TESTING AND VACCINE**

85% EFFECTIVE IN 4-6 WEEKS

70% CURE AFTER 2 YEARS - 1% SIDE EFFECTS

\$350 ALLERGY TEST + VACCINE \$250 PER 6 MONTHS

4. **ATOPICA** - 80% EFFECTIVE IN 6 WEEKS

NO ADVERSE EFFECTS EXCEPT RARE GI UPSET 5%

EMERGENCY-RESCUE TREATMENT OPTIONS

MOST SIDE EFFECTS

4. **STEROIDS**

MOST SIDE EFFECTS ON THE LIVER AND OTHER ORGANS

MRSA STAPH RISK AND URINARY INFECTIONS

5. **APOQUEL** - 80% EFFECTIVE IN 3 DAYS but NO CURE

10% RISK OF TUMORS, PNEUMONIA, DEMODEX MITES

PLEASE READ THE COMPLETE LABEL

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