## Allergy Treatment and Care

ENT allergies are an immune system overreaction to airborne substances like pollen or dust, causing chronic nasal congestion, sneezing, and itchy eyes. Dr Nguyen specialises in identifying specific triggers and creating personalised treatment plans, including medication and environmental changes, to provide lasting relief.

## Understanding and Managing ENT Allergies

From seasonal allergies to year-round symptoms, we provide treatment for all ages.

ENT allergies occur when your immune system overreacts to airborne substances like pollen, dust, or mould. This reaction triggers inflammation in the nasal passages and airways, causing symptoms like a persistent stuffy nose, sneezing, itchy eyes, and throat irritation that can significantly impact your quality of life.

Dr Nguyen specialises in identifying the specific triggers for your symptoms and creating a personalised treatment plan to help you find lasting relief.

### Urgent Care Needed

Please call **000** or go to the nearest emergency room if you have any of the following symptoms: \* Trouble breathing

\* Severe throat or tongue swelling

\* Dizziness or fainting

\* Widespread hives with breathing problems

**Medical Note:** This information is for educational purposes only and does not replace professional medical advice. Always consult with Dr Nguyen or another qualified physician about your specific medical situation.

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## What Are the Signs of ENT Allergies?

### Common Symptoms

* Constant stuffy or runny nose
* Sneezing fits, especially in the morning
* Itchy nose, eyes, or throat
* Post-nasal drip causing throat clearing
* Chronic cough, especially at night
* Sinus pressure without fever
* Ear fullness or popping

If these symptoms are affecting your daily life, are not improving with over-the-counter medicines, or are leading to frequent sinus infections, it is a good time to schedule an appointment.

### Seasonal vs. Year-Round Allergies

**Seasonal allergies** happen at the same time each year and are often caused by tree, grass, or weed pollen.

**Year-round allergies** are caused by indoor allergens like dust mites, pet dander, mould, or cockroach particles.

## How Do Allergies Affect Your Ears, Nose, and Throat?

### Nose and Sinus Problems

Allergies can lead to swollen nasal passages (Allergic Rhinitis), long-lasting sinus infections (Chronic Sinusitis), small growths called nasal polyps, and mucus running down your throat (Post-nasal Drip).

### Throat Issues

Constant drainage from post-nasal drip can cause chronic throat clearing, a sore throat, a cough that is often worse at night, and voice hoarseness.

### Ear Problems

Allergies can cause your ears to feel plugged or full, and can sometimes lead to temporary hearing loss from fluid buildup. They can also make ear infections more common by causing the tubes that connect the ears to the throat to swell.

## What to Expect at Your First Allergy Visit

### Your Consultation

Your first visit is a comprehensive evaluation to get a clear picture of your health. We will review your medical history and symptoms, perform a physical examination of your nose, throat, and ears, and discuss if skin testing or blood testing is needed.

### How to Prepare for Your Visit

* Continue taking your nasal sprays and other non-antihistamine medications.
* Bring a list of your current medications, any previous allergy test results, and a diary of your symptoms if you have one.

## What Are the Treatment Options for Allergies?

### Managing Your Environment and Allergens

A key part of treatment is reducing your exposure to allergens.

* **In the Bedroom:** Use allergen-proof covers for your mattress and pillows and wash bedding weekly in hot water. An HEPA air purifier can also significantly reduce airborne allergens.
* **Around the House:** Keep indoor humidity below 50% to discourage mould and dust mites. Vacuum weekly with a vacuum that has a HEPA filter and consider having air ducts cleaned annually.
* **Pollen and Outdoor Allergens:** Keep windows in your home and car closed during high pollen seasons. Shower and change your clothes after spending time outdoors to remove pollen.

### Medications

We will discuss several options to find the medication that best suits your symptoms and lifestyle.

* **Over-the-Counter Options:** These include non-drowsy antihistamines like Loratadine and Fexofenadine, or stronger-effect options like Cetirizine. Saline nasal rinses are safe for daily use, but nasal decongestants should only be used for a maximum of three days.
* **Prescription Treatments:** Nasal corticosteroid sprays (e.g., fluticasone, mometasone) are the most effective treatment for nasal symptoms and are safe for long-term use under supervision.

### Immunotherapy (Allergy Shots and Drops)

Immunotherapy is a long-term treatment that trains your immune system to tolerate allergens, reducing your symptoms over time.

* **How it Works:** The treatment involves a "build-up phase" of 3-6 months with weekly injections of increasing doses, followed by a "maintenance phase" of 3-5 years with monthly shots.
* **Success Rates:** Clinical studies show an 85-95% improvement in allergy symptoms. Immunotherapy can also prevent new allergies from developing and reduce the risk of asthma in children.
* **Sublingual Immunotherapy:** For those who cannot do shots, under-the-tongue drops or tablets are a safe and effective alternative that can be taken at home.

**Dr. Nguyen's Expert Take:** "Many patients feel trapped by their allergies, believing they just have to live with the symptoms. But I've found that a combination of targeted environmental changes and the right medical therapy can be truly life-changing. My goal is always to create a simple, practical plan that gives you back control and allows you to enjoy life without constant sneezing and congestion."

## What Happens if Allergies Are Left Untreated?

When not managed properly, allergies can lead to other health issues.

* **Chronic Sinusitis:** Persistent inflammation can cause sinus infections that keep coming back, leading to facial pain and a reduced sense of smell.
* **Asthma Development:** Allergies are a major risk factor for developing asthma, which can cause wheezing, shortness of breath, and coughing.
* **Sleep Problems:** Chronic nasal congestion is a common cause of snoring, restless sleep, and daytime fatigue.
* **Quality of Life Issues:** The constant burden of symptoms can lead to missing work or school and avoiding social and outdoor activities.

## Frequently Asked Questions

* **Can allergies develop later in life?** Yes, it is possible to develop new allergies at any age, especially after moving to a new geographic area.
* **Will my children inherit my allergies?** Genetics play a role, so children have a higher risk if their parents have allergies, but it is not a guarantee.
* **Are allergy shots safe for children?** Yes, immunotherapy is considered safe and is very effective for children over the age of five when administered with proper monitoring.
* **Do air purifiers really help?** Yes, a high-quality HEPA air purifier can significantly reduce the concentration of indoor allergens like pollen, dust, and pet dander when used correctly in a closed room.

## Take Control of Your Allergies

Don't let allergies control your life. Professional allergy care provides accurate identification of your triggers, a customised treatment plan, long-term relief, and prevention of serious complications.

Take the first step toward relief. Contact Dr Nguyen today to schedule your comprehensive allergy evaluation.

## Related Conditions and Resources

### Internal Links:

* [Rhinitis →](http://rhinitis) - Allergic and non-allergic nasal inflammation
* [Sinusitis →](http://sinusitis) - Allergy-related chronic sinus problems
* [Throat Conditions →](http://throat-conditions) - Allergy-related throat problems and post-nasal drip
* [Patient Journey →](http://what-to-expect) - What to expect during allergy evaluation