



DOS AND DON'TS OF ALLERGY SHOTS

(過敏藥物注射後注意事項)

- 1. Allow yourself 30 minutes to remain in our office after each allergy injection visit. Please, no strenuous activities one hour before and two hours after your injections. This includes gym, running, lifting heavy objects, etc...**
(請於每次注射後停留於診所內至少30分鐘。於注射前1小時及注射後2小時內不要做體操，賽跑，舉重等劇烈運動。)
- 2. No scratching injection sites...it only makes it worse!! Apply ice to arms if swelling occurs and use an anti-itch cream or spray to reduce itching. Notify the allergy nurse on your next visit if this occurs. Try to remember which injection site(s) swelled and what size it became.**
(在打針處請勿抓癢，以免情況轉差。如有紅腫，請用冰敷或用止癢藥膏。於下次看診時，請告知護士紅腫處之大小。)
- 3. We do not give injections if you are wheezing, have a fever or have a severe upper respiratory infection. Call our office if you are unsure.**
(在下列情況下我們不會為你注射:-例如你有氣喘，發燒，嚴重的呼吸道感染或鼻塞。若你不能確定這些情況，請來電與我們聯絡。)
- 4. If you usually take an anti-histamine before your injections and you have forgotten to take it, notify your nurse immediately before receiving your injection(s).**
(如果您平常於打針之前有服用過敏藥物，但當天您忘了服用，請於打針之前務必告知護士。)