



# The Itch Clinic

Allergy, Dermatology, and Otolaryngology

Dr. Keith A Hnilica DVM, MS, DACVD

Patient: \_\_\_\_\_ Date: \_\_\_\_\_

1	Saline	
2	Histamine	

TREES		30 Min Rxn
3G	Alder mix	
4*A	Ash mix	
5G	Beech, American	
6*A	Birch mix	
7A	Box Elder/Maple mix	
8*A	Cedar (Juniper)	
9*A	Cottonwood, Eastern	
10A	Elm mix	
11A	Mulberry, White	
12*A	Oak Mix, Eastern	
13A	Pecan	
14*A	Hickory mix	
15A	Pine Mix	
16G	Poplar, White	
17G	Privet (Olive)	
18G	Sweet Gum	
19A	Sycamore, Am, Eastern	
20A	Walnut, Black	
21A	Willow/Black	

GRASSES		
22A	Bahia	
23A	Bermuda	
24*A	Johnson	
25*G	Ky-A, Orch, Rye, Tim, June	
26G	Sweet Vernal	
27A	Meadow Fescue	
28G	Redtop	

WEEDS		
29*A	Cocklebur	
30G	D-Dz	
31G	Grass Smutt	
32A	Dock, Yellow	
33G	Dog Fennel	
34A	Plaintain-Sorrel mix	
35G	Goldenrod	
36G	Hackberry	
37*A	Lamb's Quarter	
38A	Marsh Elder rough	
39A	Mugwort	
40G	Nettle	
41A	Pigweed mix	
42A	Ragweed mix	
43G	Red Clover	
44A	RT-†	

HOME ALLERGENS		
45GA	Mold mix	
46*G	House dust mix	
47*A	House dust Mites mix	
48G	Kapok	
49*G	Cat	
50G	Human Dander	
51G	silk	
52*G	Sheep, wool	
53G	Mattress Dust	46/54
54G	HMRU Dust	46/53

INSECTS		
55*G	Flea	
56G	Ant	
57G	Mosquito	
58*G	Moth, Ants, Mosquito, CR	
59*P	Staphylococcus	

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The Itch Clinic

4 locations in East Tennessee

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[www.itchnot.com](http://www.itchnot.com)

TheItchClinic.com



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## **PREVENTION: INFECTION AND POLLEN AVOIDANCE**

### 1. To reduce MRStaph infection risk, avoid steroids and Apoquel.

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

Apply the disinfecting **Torb-D lotion** to red itchy spots in-between the baths to prevent infection.

**Place ear cleaner/medicine in the ear canal after every bath (every 3-7 days)**

OR place LETK infusion in each ear every 1 - 2 weeks.

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

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

### 2. Antihistamines help reduce the skin irritation and have few side effects.

In the **MORNING** (and up to every 12 hours) give **Zyrtec**, Allegra, or Claritin

At **BEDTIME** (and up to 3 times each day for severe itching) give Benadryl (25mg).

### 3. Avoid BEEF, DAIRY, CHICKEN in the food forever.

**(READ THE INGREDIENT LIST!!)**

Select Lamb, Rabbit, Duck, or SALMON

*OTC diets like Wellness Simple, Canidae, Natural Balance, Blue Basics, Natural Planet, Merrick, and Zignature work well.*

### 4. Give **1000mg of EPA** (Essential Fatty Acids) (fish, flax, **SALMON**, krill oil) every day for allergies,

**Skin health, joint health, and general improved aging.**

### 5. Give **Vitamin A and B** daily to prevent "Old Dog Warts" and other skin tumors and improve gland health.

### 5. For puppies to prevent allergies or **tear staining**, give a **non-flavored human probiotic** daily.

### 6. PLEASE make sure ALL pets and animals are treated with a **NEW generation parasite control**.

**MILBEMYCIN BASED (nonBeef/nonChicken)** - ALL-in-ONE heart-worm and intestinal parasite control

**(Sentinel Flavor Tabs).**

**SIMPARICA every 30 days** if itchy to prevent mites, chiggers, mosquitoes, fleas, and ticks.

or **Bravecto** every 30 days if itchy or every 60 days if not itchy.

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