

Are you constantly sneezing, congested, and itching? Grass is a difficult allergen to avoid. It's everywhere, and symptoms can come from direct or indirect contact. We have a treatment option that could make you feel better!

Allergy drops treat the cause of your allergy by slowly helping the body learn to tolerate offending allergens like grass. Small amounts of grass extract, along with whatever else you're allergic to, are taken in a liquid drop, under the tongue, three times daily. Doses are gradually increased over time, until your body learns to be exposed to the allergen without reacting. We offer these personalized allergy drops at our practice.

Antihistamines and antihistamine eye drops can help mask the symptoms and allow you to breathe easier. These are a temporary fix, whereas the effects of allergy drops are often lifelong.

Lifestyle modifications are also a great way to limit your exposure to grass pollen:

- Leave your windows closed and air conditioning on.
- Remove your shoes at the door
- Take a shower, and wash clothes right away after being outdoors.
- Wear sunglasses or a mask can also keep grass pollen out of your eyes and mouth.

If you're interested in treating your grass allergy symptoms, consider setting up an appointment to discuss allergy drops as a treatment option. You can call [clinic] at [number].