

After These Vials, Then What?

You've made it through those 8 vials, and during that larger eighth vial you began the maintenance dosage of 3 drops. You will always take three drops as a daily dose on all future vials. Here are some questions which you may want answered.

What if my symptoms persist after I achieve maintenance?

The maintenance level is usually reached about eight weeks after starting the program. Improvement is usually significant within two to three months of starting the program in most people. More time may, however, be required to get the improvement you desire. Be patient! "Allergy standard time" for improvement with shot programs is from 6-24 months. You should be feeling better long before that!

What can I do to protect myself against seasonal allergy flare-ups?

During spring and fall, some people require extra protection. You may increase your dose to four to five drops daily until your symptoms are under control again, then drop back to three drops daily when conditions improve.

What if I stop taking the serum too soon? Can I get back on it again?

It is always recommended that serum treatment be taken for three to five years to give the best chance of long term remission, or even a cure. If you drop off the serum program, progress will be delayed and you risk losing the immune strength you have built-up. The important thing is that you start taking the serum again as soon as possible. Waiting to start back on the serum will only increase the amount of misery you experience and slow your improvement after restarting.

The good news is that we can restart you very simply. If you have been off the serum for a long time, we may recommend retesting to evaluate changes in your immune status. When we know how long you have been off, we can adjust the serum concentration accordingly to make it safe for you to resume treatment. If you stopped the serum and would like to get back on the program, no matter how long it has been, call us immediately.

Will I ever be able to stop taking the serum?

Keep in mind that the initial bottles of serum that you get after testing are just the beginning. They help decrease your allergy symptoms significantly, however, it takes a while for the body's immune system to become properly desensitized and strengthened. Long-term improvement usually requires that you continue for three years or more. After this time, some patients achieve a cure. Others find symptoms return if they stop the serum. If you ever have questions, be sure to contact us.

How often should I come to the office for follow-up visits?

After your initial visits, the doctor will recommend visits every 3-6 months.