

## USEFUL TELEPHONE NUMBERS

If you are concerned or worried about anything to do with your procedure in the first 48 hours following it please contact us for advice on:

**ENT Outpatients: 8am—5pm** on  
01254 734544

Or

**Ward B14 at any time on:**  
01254 735185

After this time, please contact your own GP.

If you require this document in an alternative format or language, please contact 01254 734544

### Polish

W celu otrzymania tego dokumentu w innym formacie lub języku, prosimy o kontakt z

### Punjabi

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### Urdu

اگر آپ کو اس دستاویز کی ایک متبادل شکل (فارمیٹ) یا زبان میں ضرورت ہے تو براہ مہربانی رابطہ کریں

### Bengali

আপনি যদি এই প্রচারপত্রটি অন্য কোন আকারে বা অন্য ভাষায় চান, তাহলে যোগাযোগ করবেন

### Romanian

Dacă aveți nevoie de acest document într-un format sau limbă alternativă, vă rugăm să contactați

### Lithuanian

Norint gauti šį dokumentą kitu formatu ar kita kalba. prašome susisiekti su mumis

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**NHS**

East Lancashire Hospitals  
NHS Trust  
A University Teaching Trust

# Allergy to House Dust Mites

Safe | Personal | Effective

## What causes an allergy?

Allergic reactions are caused by substances in the environment known as allergens. Almost anything can be an allergen for someone.

House dust mites are present in all houses. The warmth and humidity in homes is an ideal breeding environment for them.

When allergens are in contact with the skin or breathed in, they cause an allergic reaction. That is, it makes the body produce histamine which causes swelling and irritation of the upper airways.

## Common symptoms:

**Nose:** sneezing, runny nose, sinus problems

**Eyes:** itching, redness, watering

**Respiratory system:** wheezing, coughing, shortness of breath.

**Skin:** nettle like rash, itching

## Prevention and treatment

- Choose wood or hard vinyl floor coverings instead of a carpet.
- If you have a carpet Hoover and clean it regularly.
- Fit roller blinds that can be easily wiped
- Clean cushions, soft toys, curtains, and upholstered furniture regularly, either by washing (at high temp) or vacuuming.
- Use synthetic pillows and acrylic duvets or use allergen—proof barriers on all mattresses, duvets, and pillows.
- Wipe surfaces with a damp, clean cloth, as dry dusting can spread the allergens further.

Concentrate your efforts at controlling dust mites in the areas of your home where you spend the most time, such as living room and bedroom.

You may or may not need treatment to help you to control the symptoms of your allergy.

## Antihistamines

Are used in the treatment of allergic disorders. When an allergen enters the body, your immune system detects it as a foreign substance and produces histamine to help defend the body.

Antihistamines work by stopping histamine from reaching its target and therefore reducing the symptoms associated with allergy.

They can be taken as tablets, syrups, or nasal sprays.

## How to use a nasal spray

- Shake the bottle.
- Gently blow your nose.
- Tilt your head slightly forward.
- Close one nostril by gently pressing against the side of your nose with your finger.
- Insert the tip of the nasal spray into the other nostril and start to breathe in slowly through your nose. Whilst you are still breathing in, squirt one spray into the nostril keeping the bottle upright.
- Remove the spray from the nostril and breathe out through your mouth.
- Tilt head backwards to allow the spray to drain into the back of the nose.
- Repeat for other nostril