ALLER-TOX™

PATIENT INFORMATION LEAFLET



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Options for hay fever treatments prior to Aller-Tox™ include:

Antihistamines

Antihistamines are available to buy from pharmacies and many retail outlets, making them readily available and a good first step in relieving or preventing hay fever.

They work by blocking a chemical in your body called 'histamine'. Histamine causes uncomfortable symptoms,` normally due to severe inflammation in the airways.

The disadvantages of antihistamines include that they may cause drowsiness or lack effect, when symptoms are severe.

Steroid Nasal Sprays

There are over the counter and prescription-only versions of nasal sprays. Their primary action is to reduce inflammation within the nasal passages, relieving congestion, nasal drip and sneezing.

Nasal sprays are popular with people who suffer from that "blocked" feeling in the nostrils and struggle to breathe through the nasal passages.

A disadvantage of nasal sprays is that they can take a few days to work, and they are subject to 'over-use', which can cause worsening congestion.

Eye Drops

These can be divided into two categories: Nonsteroidal anti-inflammatory drugs (NSAID) and corticosteroids.

NSAIDs typically decrease the itching in the eyes, and corticosteroid drops are generally used to treat longer-term eye allergy symptoms such as redness, swelling and watering of the eyes.

A disadvantage of eye drops is that they are quite specific to symptom relief of the eyes, but they have secondary benefits to reduce swelling in the eustachian tubes (in the ears) and the nostrils.

How does it work?

The exact mode of action has not been discovered, however, Aller- Tox™ is thought to work by blocking the conduction of nerve signals in the nasal passage, which can trigger the onset of allergy or hay fever symptoms.
One theory is that it also rids the body of cells that are damaged beyond repair. So, think of the body being able to clear all those cells that have been irritated or inflamed during your allergy symptoms.

How will I be given this treatment, and will it hurt?

The medicine is given via a nasal aerosol into the nostrils. You'll be invited to recline on the clinic couch or chair and relax.



Taking a deep breath is a good idea, and then the medical practitioner will know you are ready to receive the atomiser.
It is completely painless and takes just a few seconds on each side.

You will be asked to relax for 5-10 minutes in your reclined position so that the medication can remain in your nostrils.

Is it safe to give botulinum toxin in a spray?

Botulinum toxin has an excellent safety record, and is used in many areas of medicine, not just the aesthetics arena.
Intranasal use of this medication has been found to be a safe and effective treatment option for managing symptoms of rhinitis, in particular rhinorrhoea (runny nose), in patients who are suffering from pollen allergies, or allergies with no known cause (idiopathic rhinitis), with a long-lasting effect.

Are there any side-effects?

The nasal spray you receive is very gentle, and there are no reported side-effects of having this procedure.

Remember the procedure can take up to a week to take effect, so you may still have hay fever symptoms for this period.

You are permitted to use other allergy medications during this time if necessary.

How many treatments will I need?

This depends on how many allergies you have. You may suffer from one or more of the three specific types of pollen grains:



- Tree pollen – typically middle of March to the middle of May.
- Grass pollen – typically from May until July.
- Weed pollen & fungus, and spores – typically end of June to the end of September.

Identifying which type of pollen(s) you are allergic to will help you time your treatment appropriately and also help manage symptoms effectively. However, it is not unusual for
symptoms to affect you at different times of the year because of varying weather conditions.

You may have three to four Aller-Tox™ in a 12-month period.

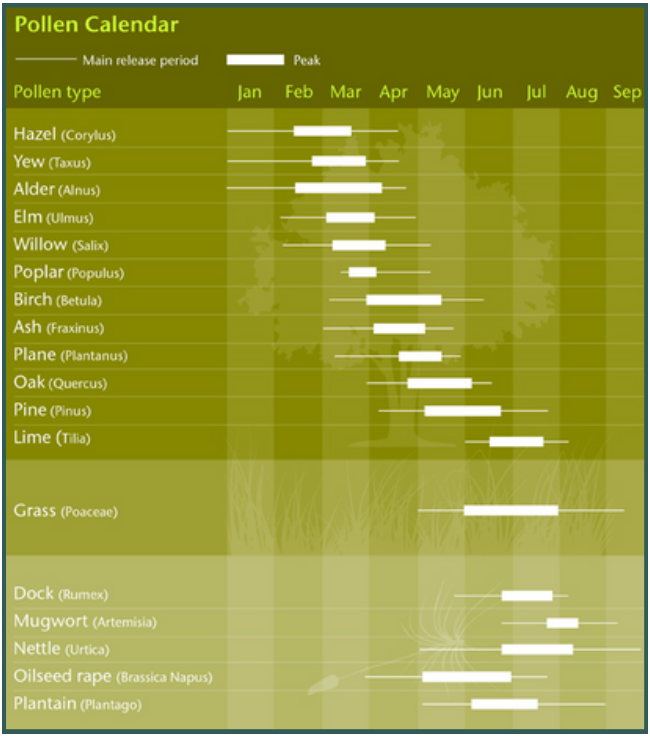
How can I prepare for the treatment?

You can prepare for the treatment by clearing your nostrils with a saline spray from the chemist, around 30-60 mins before your appointment.

Is there any aftercare advice?

We would suggest that you not use nasal sprays for 24 hours.
Keep in contact with your practitioner for any support or further help.

UK Pollen Calendar



What is Aller-Tox™ & who is it suitable for?

Aller-tox™ is a clinic-based treatment for the relief of hay fever or rhinitis (swollen, itchy nose, with or without a known cause). So if you have a runny, dripping nose, itching or sneezing, it will typically reduce or eradicate those symptoms of allergy.

Aller-Tox™ utilises Botulinum Toxin Type A and its dilutant, saline. It does not contain any other ingredient.

This treatment is an "off-label" therapy, which means that the use of Botulinum Toxin Type A is unapproved for the reduction of rhinitis or hay fever. Off-label prescribing is used for a medical condition or disease that it is not approved to treat, such as when chemotherapy is approved to treat one type of cancer, but healthcare providers use it to treat a different types of cancer.

You will be consulted, a medical history will be taken, and options to treat your allergies will be discussed.

You may be suitable for Aller-Tox™ if all other treatment options have been explored, but you still suffer unresolved symptoms.

It is a perfectly acceptable option if more traditional medications (such as antihistamines) have become ineffective or unsuitable for your use, and you have tried nasal sprays or eye drops.