

# Nasal Allergy



## How does allergy affect your nose?

Certain substance called allergens may cause an abnormal reaction in the nose. Blockage, sneezing, running, itching and loss of sense of smell may occur when allergic subjects are exposed to allergens.

## Where are the allergens present?

Allergens causing nasal symptoms are mostly present in the air, for example dusts, pollens (hayfever), animal danders, feathers, mould spores, sprays, deodorants and other cosmetics. Certain foods such as eggs, strawberries, nuts, fish, milk or wheat etc may contain allergens, which rarely cause nasal symptoms.

## How to avoid allergens

### Pollens and Spores

The best treatment of nasal allergy is allergen avoidance. Hayfever (pollen allergy) sufferers should avoid prolonged exposure to the countryside and should drive with the car windows closed. Wearing glasses may prevent pollen settling in the eyes. Exposure to mould spores can be reduced by avoiding barns and mowing grass or raking leaves. Garden sheds which have been closed for many months and basements of houses should be avoided. Air conditioning and air filtration systems reduce pollen and mould spores considerably.

### Pets

If you are allergic to domestic pets avoid contact with them as far as possible and never allow them in bedrooms. It must be remembered that it may take more than 6 weeks of repeated cleaning to get rid of allergens derived from household pets.

## House Dust and Dust Mites

To avoid allergen exposure to house dust mite, smooth, easily cleaned surfaces are recommended and bare floors and walls are ideal. If carpeting is unavoidable low pile types are preferred. Pillows and mattresses should be enclosed in dustproof plastic or fabric casings.

Feather and down pillows and quilts should be replaced with those made from synthetic material such as foam or polyester. Woollen blankets should be avoided. Foam mattresses are preferable to interior sprung types and it is a good idea to vacuum clean the mattress occasionally.

Small objects such as toys, books and records etc, should be kept in drawers or closed cabinets. Clothes should be left in wardrobes. House dust mites prefer dark damp areas of the house, therefore these areas should be avoided. Keep rooms light and airy as possible. Regular cleaning of the house is desirable. Cleaning should include all carpet and floors, upholstered furniture and curtains. Window sills, tops of cupboards and other objects which collect dust should be dusted with a damp cloth.

## What is the treatment for Nasal Allergy?

Sometimes it may not be possible to avoid allergens altogether despite all efforts.

Treatment from doctor or specialist may then be necessary for control of symptoms. Treatment includes medicines taken by mouth, nasal drops or sprays, injections and surgery. Most patients achieve good control of symptoms with the treatment.

Unfortunately there is no guaranteed permanent cure for nasal allergy. However, many sufferers eventually 'grow out' of their allergies.

## If you have any comments about this leaflet or the service you have received you can contact :

Sister, ENT Departments

Acre Mill, Huddersfield Telephone No: 01484 343255

Calderdale Royal Hospital Telephone No: 01422 222336

[www.cht.nhs.uk](http://www.cht.nhs.uk)

## If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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