

**ORCHARD HILLS ANIMAL HOSPITAL  
CLIENT EDUCATION SERIES**

Allergy/Skin Infection Worksheet

Patient Name \_\_\_\_\_ Date \_\_\_\_\_

Your pet has been diagnosed with or the doctor is suspicious your pet has the following skin problems:

- |                        |                          |                     |                          |
|------------------------|--------------------------|---------------------|--------------------------|
| Allergy – Unknown Type | <input type="checkbox"/> | Bacterial Infection | <input type="checkbox"/> |
| Flea Allergy           | <input type="checkbox"/> | Fungal Infection    | <input type="checkbox"/> |
| Inhalant Allergy       | <input type="checkbox"/> | Other _____         |                          |
| Contact Allergy        | <input type="checkbox"/> |                     |                          |
| Bacterial Allergy      | <input type="checkbox"/> |                     |                          |

**Medications Prescribed:** Follow label directions for all prescribed medication.

- Steroids:** We have dispensed oral steroids. These will be on a tapering dose schedule (more given at the beginning then less at the end of the dosing period). These help stop redness and itching associated with inflammation. Side effects might include panting, increased water intake, increased urination, and increased appetite. Steroids also limit the ability of a dermatologist to perform allergy testing.
- Antihistamines:** This medication helps stop redness and irritation associated with inflammation. While this medication generally tends to not work as rapidly or effectively as steroids, it is often our first medication of choice because it is safer for long term use and has fewer side effects. As in people, antihistamines might make your pet too sleepy. Please let us know if this is the case and we can adjust the dose or switch to a different antihistamine.
- Antibiotics:** Antibiotics treat bacterial infection, which is often a component of allergic skin disease. Make sure you use the entire prescribed course of the medication.
- Antifungal Drugs:** We have prescribed antifungal drugs for your pet because he or she has a yeast or fungal infection as a component of their allergic skin disease. Use the entire course of this medication. Watch for the following side effects and call us if you have any concerns: loss of appetite, vomiting, diarrhea.

**Other Treatments:**

- Medicated Shampoo:** These products help clean the skin and kill bacteria and yeast. A key to their use is “contact time”. This means wet your pet thoroughly, apply shampoo, massage



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shampoo into coat and onto skin thoroughly, then let the shampoo stay in contact with your pet's skin for 10 minutes. This allows the medication in the shampoo to work its magic! Rinse and dry thoroughly when done.

**Aloe and Oatmeal Shampoos & Conditioners:** The doctor has prescribed an aloe and oatmeal product for your pet's skin. When used as a stand-alone shampoo or as a conditioner that is applied after a medicated bath, these products help soothe and calm down inflamed skin. Follow label directions. Contact time (as described in the Medicated Shampoo section) is critical for these products.

**Topical Products:** The doctor has prescribed a topical product for your pet's skin. These products come in the form of a spray or an ointment. By applying as directed, they allow you to control inflammation or infection on specific areas of the skin. Good for spot treatment and short term comfort.

**Flea Control:** Your pet has been diagnosed with fleas. The doctor has recommended flea control products. Please read our associated handout on fleas and flea control. To adequately manage the flea problem, it is important you treat all pets in the home and their environment.

**Hypoallergenic Diet:** The doctor has recommended a hypoallergenic diet for your pet. Please read our separate handout on food allergies. Critical components of managing your pet with a hypoallergenic diet are:

1. Feed ONLY the recommended food. This means your pet cannot have human food or food meant for your other pets. Keep in mind that ANYTHING your pet eats could contribute to his or her skin allergy, so it is important you completely control what he or she eats.
2. Feed ONLY recommended treats. Ask the doctor or a staff member what is and is not OK for your pet.
3. To introduce the diet, don't switch to it "cold turkey" because this could upset your pet's stomach. Start out with a 25:75 ratio of new to old food on the first day, then gradually change the ratio daily so it takes about 5 days to completely phase out the old and phase in the new food.

FOOD RECOMMENDED BY THE DOCTOR: \_\_\_\_\_

**Other Supplements:** Fish oils (use only veterinary approved products for your pet) help calm and moisturize inflamed skin.

**Referral to a Dermatologist:** The doctor has recommended you take your pet to a pet dermatologist. Please see associated referral information.

