



The Itch Clinic

Allergy, Dermatology, and Otolaryngology

Dr. Keith A Hnilica DVM, MS, DACVD

Patient: _____ Date: _____

1	Saline	
2	Histamine	

TREES		30 Min Rxn
3G	Alder mix	
4*A	Ash mix	
5G	Beech, American	
6*A	Birch mix	
7A	Box Elder/Maple mix	
8*A	Cedar (Juniper)	
9*A	Cottonwood, Eastern	
10A	Elm mix	
11A	Mulberry, White	
12*A	Oak Mix, Eastern	
13A	Pecan	
14*A	Hickory mix	
15A	Pine Mix	
16G	Poplar, White	
17G	Privet (Olive)	
18G	Sweet Gum	
19A	Sycamore, Am, Eastern	
20A	Walnut, Black	
21A	Willow/Black	

GRASSES		
22A	Bahia	
23A	Bermuda	
24*A	Johnson	
25*G	Ky-A, Orch, Rye, Tim, June	
26G	Sweet Vernal	
27A	Meadow Fescue	
28G	Redtop	

WEEDS		
29*A	Cocklebur	
30G	D-Dz	
31G	Grass Smutt	
32A	Dock, Yellow	
33G	Dog Fennel	
34A	Plaintain-Sorrel mix	
35G	Goldenrod	
36G	Hackberry	
37*A	Lamb's Quarter	
38A	Marsh Elder rough	
39A	Mugwort	
40G	Nettle	
41A	Pigweed mix	
42A	Ragweed mix	
43G	Red Clover	
44A	RT-†	

HOME ALLERGENS		
45GA	Mold mix	
46*G	House dust mix	
47*A	House dust Mites mix	
48G	Kapok	
49*G	Cat	
50G	Human Dander	
51G	silk	
52*G	Sheep, wool	
53G	Mattress Dust	46/54
54G	HMRU Dust	46/53

INSECTS		
55*G	Flea	
56G	Ant	
57G	Mosquito	
58*G	Moth, Ants, Mosquito, CR	
59*P	Staphylococcus	

Dr. Keith A Hnilica
 (800) 621.1370
bigdog@itchnot.com

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4 locations in East Tennessee

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PREVENTION: INFECTION AND POLLEN AVOIDANCE

1. To reduce MRStaph infection risk, avoid steroids and Apoquel.

Bathe every 3-7 days with a **disinfecting shampoo** to wash off pollens and kill bacteria and yeast.

Apply the disinfecting **Torb-D lotion** to red itchy spots in-between the baths to prevent infection.

Place ear cleaner/medicine in the ear canal after every bath (every 3-7 days)

OR place LETK infusion in each ear every 1 - 2 weeks.

WIPE the feet, chin, and face folds off with **baby wipes** at bedtime.

Always wipe in the direction of hair growth to remove any ingrown hairs.

2. Antihistamines help reduce the skin irritation and have few side effects.

In the **MORNING** (and up to every 12 hours) give **Zyrtec**, Allegra, or Claritin

At **BEDTIME** (and up to 3 times each day for severe itching) give Benadryl (25mg).

3. Avoid BEEF, DAIRY, CHICKEN in the food forever.

(READ THE INGREDIENT LIST!!)

Select Lamb, Rabbit, Duck, or SALMON

OTC diets like Wellness Simple, Canidae, Natural Balance, Blue Basics, Natural Planet, Merrick, and Zignature work well.

4. Give **1000mg of EPA** (Essential Fatty Acids) (fish, flax, **SALMON**, krill oil) every day for allergies,

Skin health, joint health, and general improved aging.

5. Give **Vitamin A and B** daily to prevent "Old Dog Warts" and other skin tumors and improve gland health.

5. For puppies to prevent allergies or **tear staining**, give a **non-flavored human probiotic** daily.

6. PLEASE make sure ALL pets and animals are treated with a **NEW generation parasite control**.

MILBEMYCIN BASED (nonBeef/nonChicken) - ALL-in-ONE heart-worm and intestinal parasite control

(Sentinel Flavor Tabs).

SIMPARICA every 30 days if itchy to prevent mites, chiggers, mosquitoes, fleas, and ticks.

or **Bravecto** every 30 days if itchy or every 60 days if not itchy.

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