



The Itch Clinic

Allergy, Dermatology, and Otolaryngology

Dr. Keith A Hnilica DVM, MS, DACVD

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 mousse/lotion in-between the baths to prevent infection.

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

OR place **Osrnia** or LETK in each ear every 2-3 weeks.

WIPE the feet, chin, and face folds off with baby wipes as often as possible.

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 (not the D formula).

At BEDTIME (and up to 3 times each day for severe itching)

give _____ Benadryl (25mg) To help sleep

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 apx 1000mg of Essential Fatty Acids (fish, flax, **SALMON, krill, coconut oil)**

every 12- 24 hours for the allergies, skin, joints, and general aging.

5. For young dogs or tear staining, give a non-flavored human probiotic once each day to prevent allergy.

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

Sentinel Flavor Tabs for ALL-in-ONE heart-worm and intestinal parasite control.

Bravecto orally every 30 days if itchy or every 60 days if doing well.

Feline Revolution is the Best Option: For cats, apply **Revolution** every 2-4 weeks

The Itch Clinic

4 locations in East Tennessee

(800) 621-1370 ext 2 www.TheItchClinic.com