

Allergy Immunotherapy (Allergy Shots)

Retraining your immune system to reduce allergic reactions



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THE IMMUNE CONNECTION

Allergic reactions happen when your immune system mistakes harmless substances — pollen, dust mites, pet dander — for threats. Allergy shots work directly with your immune system, gradually teaching it to tolerate these triggers instead of overreacting to them.

WHAT IS ALLERGY IMMUNOTHERAPY?

Allergy immunotherapy — commonly called "allergy shots" — exposes your body to small, increasing amounts of the allergens that trigger your symptoms. Over time your immune system builds tolerance, leading to fewer and milder reactions. It is the only allergy treatment that can change the underlying immune response rather than simply controlling symptoms.

HOW TREATMENT WORKS

Treatment happens in two phases. During the buildup phase, you receive injections with slowly increasing allergen doses, usually 1-2 times per week for 3-6 months. Once you reach your maintenance dose, injections continue every 2-4 weeks for 3-5 years for lasting results.

WHAT TO EXPECT

- Mild redness, swelling, or itching at the injection site
- Occasional sneezing or nasal congestion after a dose
- Rare, larger local swelling that resolves within a day
- Very rare whole-body (systemic) reactions
- Symptoms typically ease as treatment progresses
- Most reactions occur within 30 minutes of an injection
- Your care team adjusts your dose if reactions occur

Know the warning signs: Systemic allergic reactions are rare but can be serious. Tell your care team immediately if you have hives, throat tightness, trouble breathing, dizziness, or swelling beyond the injection site. This is why every shot is given in-office with a required 30-minute observation period.

HOW WE EVALUATE & TREAT AT VEROS

Allergy Testing:

Skin or blood testing identifies your specific triggers before treatment begins.

Custom Extract:

Your allergy vaccine is compounded specifically for your test results — no two patients receive the same formula.

Ongoing Monitoring:

Our team adjusts your buildup schedule and monitors you at every visit.

IMMUNOTHERAPY & BIOLOGIC OPTIONS

Allergy shots are Veros's primary form of immunotherapy for environmental allergies, compounded as FDA-regulated allergen extracts tailored to your results. For patients with overlapping conditions such as asthma or chronic hives, biologic therapies like Xolair or Dupixent may be used alongside immunotherapy; eligibility is determined individually with your provider.

BUILDING TOLERANCE: STAYING ON SCHEDULE

Consistency matters. Missed or delayed doses may require restarting at a lower dose for safety, so a steady schedule helps you reach maintenance sooner. Always consult your provider before adjusting your schedule or combining treatment with other allergy medications.

PROVEN, LONG-TERM EFFECTIVENESS

Allergen immunotherapy is the only allergy treatment shown to change how the immune system responds, rather than just covering up symptoms. In real-world studies, most asthma patients who completed several years of allergy shots were able to reduce or stop their inhaled steroid while keeping their asthma controlled.¹ Allergy shots and sublingual tablets show similarly strong results for allergic rhinitis and asthma, though shots treat multiple allergens at once and remain Veros's primary approach.²

WHY VEROS HEALTH?

- v 30+ years of immune expertise — IMMUNOe Health & Research
- v Multi-specialty, whole-patient care
- v Personalized allergen extracts, mixed on-site
- v Biologic therapy available for overlapping conditions
- v Coordinated care for co-occurring asthma, eczema & sinus disease

Learn more from trusted allergy organizations: AAAAI — aaaai.org | ACAAI — acaai.org | Allergy & Asthma Network — allergyasthmanetwork.org

Coverage: Most insurance plans cover allergy testing and immunotherapy administration. Ask our billing team about your specific benefits and any prior authorization requirements before starting treatment.

1. Rhyou & Nam, Allergy Asthma Immunol Res, 2020. 2. Bernstein, Allergy Asthma Proc, 2025. Sourced via PubMed.