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Easily™ Allergy Toothpaste Information (OMIT)

What are allergies?

An Allergy is an overreaction of the immune system to an allergen, an otherwise harmless protein that has no effect on a nonallergic person. Allergens can be contacted in everyday activities, often by simply inhaling. Common sources of inhaled allergens include tree pollens, grass and weed pollens, mold spores, dust mites, cockroaches, cats, dogs, and rodents. The overreaction of the immune system results from an encounter with one or more of these inhaled allergens that cause annoying symptoms like coughing, sneezing, itchy eyes, runny nose, and scratchy throat. A person will often suffer allergies from multiple allergens.

Allergy immunotherapy builds tolerance in your immune system to specific allergens by exposing the immune system to the allergens on a regular basis. This is often accomplished with weekly injections or allergy shots, although liquid allergy drops and dry allergy tablets which contain allergens and are placed under the tongue each day are also available and known to be effective. Over a period of time, immunotherapy changes the immune system so that it is more tolerant of the allergens. This results in less symptoms, less need for symptom management medications, and improved quality of life. As allergen tolerance grows, allergies and their symptoms diminish, sometimes to the point that an allergy sufferer does not notice them anymore. Immunotherapy may also have important additional therapeutic and preventative effects on conditions that often go along with allergies, like asthma.

Easily™ allergy toothpaste is a specially formulated, allergy immunotherapy toothpaste designed to contain allergens, just like allergy shots and allergy drops do. Your doctor will test you for which allergens are causing your allergies and then mix those allergens into the toothpaste according to your allergies. As a result, you can use Easily's allergy toothpaste to self-administer allergens during your daily tooth brushing routine. Because our allergy toothpaste combines immunotherapy with an activity that most everybody engages in daily (tooth brushing), your ability to stick to a long-term, daily administration schedule is made much easier.

How long will I use Easily allergy toothpaste?

Staying committed to your doctor-recommended administration plan is one of the most important success factors for allergy immunotherapy, including Easily™ allergy toothpaste. All allergy immunotherapies, including shots, drops, and tablets, should continue for as long as your doctor recommends it. This is typically for 3-5 years. However, you may feel symptom relief within 1 year or even within several months. For optimal results with any allergy immunotherapy, **it is important that you continue treatment even after you notice reduced symptoms, until your doctor tells you to stop, in order to achieve a long-term improvement.**

One pump of Easily™ allergy toothpaste should last approximately three months. You should therefore receive a new pump four times every year.

The recommended daily dose of Easily™ allergy toothpaste is one pump daily for both children and adults. *This can be given as two pumps at one tooth brushing session, then using your regular toothpaste for your other daily tooth brushing sessions. Alternatively, you can use one pump twice daily (i.e., at each of two tooth brushing sessions during the same day), depending on your brushing routine.*

If you normally brush more than twice per day, use Easily™ allergy toothpaste once or twice (as described above) and your regular toothpaste the other times. If you only brush once per day, be sure to use Easily™ with the full daily dose at the time you brush your teeth. In addition to brushing**, please use a fluoride-based mouth wash daily since the Easily™ allergy toothpaste does not contain fluoride.**

To dispense properly and completely, the pump button must be pressed down slowly all the way each time it is used. Allow a few seconds to pass before dispensing a second pump. Occasionally an air bubble will come out of the dispenser as you press the pump button and, with it, a reduced amount of toothpaste. If that happens, use an additional press of the pump button to be sure you have the right amount of toothpaste for that session.

It is important that each brushing should last for 2 minutes without spitting in between. If brushing for 2 minutes is difficult, the foam should be retained in your mouth for as long as possible after brushing, up to a total of 2 minutes. **It's OK to rinse out your mouth after brushing with water only.**

If you forget to brush for a day, resume the next day by brushing with your regular dose. Do NOT double up.

Easily™ allergy toothpaste should be stored at room temperature but avoid excessive heat or exposure to the sun.

If you are sick enough that you are staying home from work or school, use your regular toothpaste instead.

Avoid using Easily™ allergy toothpaste for a week after oral surgery.

It is normal in the first few weeks of using the toothpaste to experience some tingling, itching or mild swelling in the lining of the mouth.

Do not engage in vigorous exercise for one hour before or after using Easily™ allergy toothpaste.

Most allergy patients will control their symptoms exclusively with allergy medications, such as antihistamines. However, such medications have side effects and, unfortunately, only treat the symptoms of allergies rather than the cause. Despite the ability of immunotherapy to treat these causes and diminish allergy symptoms in patients, it is a very underutilized approach.

Important information on epinephrine and anaphylaxis

Anaphylaxis is described as a severe and life-threatening allergic reaction. The risk of anaphylaxis with allergy immunotherapy toothpaste is very low.

Symptoms of anaphylaxis may include ; a weak and rapid pulse, red warm itchy skin, hives or a rash, swollen tongue or throat, coughing, trouble breathing, wheezing with constriction of airways, nausea, diarrhea, a headache, dizziness or even a feeling of doom.

Mid-Kansas ENT does not require you to have an epi-pen for treatment with allergy immunotherapy toothpaste, but if you feel you may need one, please consult with your provider or allergy department staff.

If you develop symptoms of anaphylaxis, use your epi pen as instructed and call 911, or get to the nearest Emergency Room. Using an epi pen may help to improve your symptoms temporarily, but symptoms can return, making it important to seek further care.

For additional questions, please contact the Allergy Department at (316) 684-2838