




DROPS OR SHOTS?

Immunotherapy: Which One Is Right for You?

Both allergy shots and drops (sublingual immunotherapy) can effectively reduce your allergy symptoms over time. The best option depends on your lifestyle, health history, and treatment goals. Use the guide below to compare.

FEATURE	SHOTS (SUBCUTANEOUS)	DROPS (SUBLINGUAL)
 METHOD OF ADMINISTRATION	Shots in the arm	Drops under the tongue
 EFFECTIVE	Yes	Yes
 ALLERGY TESTING REQUIRED?	Yes	Yes
 TREATMENT LOCATION	Perimeter ENT Office, wait for 30 minutes before leaving	Home
 TREATMENT FREQUENCY	Once per week	Daily
 PHYSICIAN VISITS REQUIRED?	Every 6–12 months	Every 3 months, 6 months, or yearly
 MOST COMMON ADVERSE REACTIONS	Swelling, minor discomfort at the injection site	Itching/tingling in the mouth
 RISK OF ANAPHYLAXIS	Very small (0.3% per year)	Exceedingly rare (less than shots)
 INSURANCE COVERAGE	Coverage is variable based on policy and deductibles	No
 COST	Variable - dependent on benefits	\$250 per 52 days of treatment
 CONVENIENCE	Less convenient: weekly shots, observation in the office for 30 minutes after each shot	Very convenient: No needles, no pain, no hidden costs, no travel time, no missed work/school.
 CONTRAINDICATIONS	Any beta blocker medications, history of anaphylaxis, young children, severe asthma	No
 DURATION OF TREATMENT	3–5 years	3–5 years
 FDA APPROVED	Yes	No
 WORLD HEALTH ORGANIZATION APPROVED	Yes	Yes



Not sure which option is right for you? We're here to help!
Contact us with any questions or to schedule a consultation.



(404) 252-7368