



# Central West Specialists

Ear, Nose & Throat Specialist

## **ALLERGIC TO HOUSE DUST AND HOUSE DUST MITES**

The following measures are designed to reduce exposure to the type of dust, which causes nasal symptoms and asthma. This is a necessary part of your treatment.

### **THE BEDROOM**

Remove feather pillows and eiderdowns, replace with synthetic ones and wash them frequently. Thoroughly vacuum the mattress, the pillows, and around the base of the bed or divan.

Each week change and wash pillowcases, sheets and underblanket: vacuum the bed base and around the mattress.

Be sure when vacuuming the mattress to vacuum the floor as well.

Each week – wipe all surfaces such as pelmet tops, window sills, tops of cupboards etc with a damp cloth.

Woollen blankets may be replaced by cotton cellular ones and be washed frequently.

Have light washable cotton curtains and wash frequently.

Use a vacuum cleaner with disposable paper bags or a water filled vacuum. Wear a mask whilst cleaning if you have to do it yourself, better still get someone else to clean for you.

**NOTE** All other beds in the room must be treated similarly.

### **OTHER ROOMS**

Particular attention should be directed at removal of dust from upholstered furniture. Vacuum and clean at least twice a week, especially the head rest, arms and edges of the seats.

### **CHILDREN**

Affected children should be out of the house when cleaning is being done and should not return until 2 hours afterwards. Children should not sleep with furry toys on their beds, nor should they bounce up and down on the bed or other soft furnishings. It is helpful for them to take a shower before going to bed.

### **PETS**

Dr Peter Bryan F.R.A.C.S.

Provider No: 043105GJ  
WorkCover Accredited

Level 1/131-135 Summer Street ORANGE NSW 2800

Email: [practice@centralwestent.com.au](mailto:practice@centralwestent.com.au) Ph: (02) 6363 1688 Fax: (02) 6363 1865



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No pets in bedrooms at any time. Allergic families should avoid having furred or feathered pets since allergic sensitivity to them will develop in time, even if not present at the start.

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