



Flare Action Plan

What to do the moment a flare starts, before it spirals

PETSLIKEMINE
ALLERGIES & SKIN

PET NAME _____	USUAL TRIGGERS _____	VET PRACTICE _____	DATE AGREED _____
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Allergic skin runs in flares. Catching one early, with a plan you agreed with your vet in a calm moment, is far easier than chasing it once the skin is raw. Fill this in together at your next appointment and pin it up.

MY PET'S FIRST SIGNS TO ACT ON

Write the earliest signs you have learned to spot, the ones that mean "start the plan now", before the scratching takes hold.

THEIR EARLY-WARNING SIGNS

THE RESCUE STEPS, IN ORDER

- 1 Start the agreed flare plan** as soon as you see the early signs. Do not wait to see if it settles on its own.
- 2 Calm the skin** with the medicated wash or wipes your vet has given, and clean the ears if those are involved.
- 3 Give the anti-itch medicine** exactly as prescribed (record it below). Stop the itch-scratch-damage cycle quickly.
- 4 Protect the sore areas** from licking and scratching while they settle (a soft collar or body suit if needed).
- 5 Phone the vet** if it is not easing, or if any of the red flags below appear.

THEIR MEDICINES AND DOSES (FILLED IN WITH YOUR VET)

MEDICINE	DOSE	WHEN / HOW OFTEN
_____	_____	_____
_____	_____	_____
_____	_____	_____

NUMBERS

Day practice: [phone]

Out-of-hours: [phone]

RING NOW IF

The skin is raw, bleeding or smelly; a swollen face or hives; they are miserable, off their food, or the ears are suddenly very painful.

Written and reviewed by Dr Alastair Greenway MRCVS and Claire Greenway BVM&S MRCVS. This sheet explains and records. It does not diagnose or prescribe. Always follow your own vet's instructions.

How to use. Fill this in WITH your vet, then keep it where you will find it fast. A flare caught in the first day is a far smaller job than one left for a week.

ACT ON THE FIRST SIGNS, NOT THE TENTH