

Allergies & Your Throat

Allergies may lead to the formation of too much mucus which can make the nose run or drip down the back of the throat, leading to “post-nasal drip.” Excessive post-nasal drip can cause inflammation and irritation in the throat, leading to a number of other symptoms, including sore throat, itching in the throat/mouth, cough, excessive swallowing, and hoarseness.

Treatments

You can treat allergy-related throat issues in the same way that you would treat throat problems caused by a cold.

- Drink plenty of fluids to keep your throat moist and thin mucus.
- Warm liquids such as soups and hot teas can provide comfort to a sore throat. Gargling with warm salt water can also help soothe it. Stay away from caffeinated beverages when you have a sore throat, as caffeine can be an irritant.
- Using a saline nasal rinse flushes mucus and allergens from your sinuses and helps lessen the amount of mucus draining into your throat.
- Taking over the counter pain relievers and sucking on lozenges can also help.
- Most importantly, control your allergies. Limit exposure to allergens and take all allergy medications as prescribed by your doctor.

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Consult your doctor if you experience any of the following symptoms:

Severe and prolonged sore throat

Difficulty breathing

Difficulty swallowing

Difficulty opening the mouth

Joint pain

Earache

Rash

Fever (over 101°)

Blood in saliva or phlegm

Frequently recurring sore throat

Lump in neck

Hoarseness lasting over two weeks