

Managing the Itchy Dog: A Practical Guide



The 4 Essential Strategies (Start Here!)

1. The "Cool Water" Wipe Down

- **Action:** Wipe your dog with a **cool, damp washcloth** every time they come inside.
- **Focus:** Target the face, feet (especially the bottoms), and legs.
- **Avoid:** Do **not** use baby wipes or scented pet wipes; these can contain irritants. Plain cool water is best for removing pollen.

2. High-Quality Omega-3s (Fish Oil)

- **Why:** Helps repair the skin barrier and reduces inflammation.
- **Source:** Use fish oils (Sardine, Mackerel, Anchovy, Salmon, Herring). **Avoid flax seed**, as dogs cannot digest it efficiently.
- **Dosage:** Aim for **30–35 mg per pound** of combined EPA and DHA.

3. Strict Flea Control

- Even one flea can trigger an "itch storm." Use modern products like the **Bravecto product family or Simparica**.
- **Avoid: Over-the-counter** and generic products. Many flea populations are now resistant to these older medications.

4. Frequent Cool water bath

- Use a quality, hypoallergenic, soap-free shampoo such as our Aloe and Oatmeal shampoo.
- **Avoid:** Perfumed Shampoos/sprays

* Medicated shampoos are intended for temporary use under the direction of your veterinarian

Household Maintenance

- **Wash Pet Beds:** Weekly in hot water.
- **Air Quality:** Keep windows closed during high pollen counts and use HEPA air filters.
- **Vacuuming:** Use a vacuum with a HEPA filter to trap allergens in carpets and rugs.
- **Nutrition:** Feed a high quality pet food with ingredients that improve skin health and reduce the inflammatory response, these diets can reduce itching in allergic pets. Ask our team about available veterinary diets.

Available Veterinary Treatments

Your vet may prescribe these for faster relief, though some have long-term limitations:

- **Cytopoint Injections:** Excellent for most dogs with virtually no side effects.
- **Apoquel Tablets:** Highly effective, but ideally used for short-term "flare-ups" rather than years at a time.
- **Cortisone:** Works for almost every dog but must be used sparingly due to side effects on the internal organs.

Managing the "Itch Anxiety"

Constant itching is stressful. If your dog is agitated or can't sleep, these can help calm their nervous system:

- **L-Theanine:** A green tea derivative that reduces anxiety. Look for the "Suntheanine" brand on the label.

L-THEANINE: Should be given on a regular basis to achieve a calming effect. L-Theanine is readily available online and in pharmacies. The active form of L-Theanine listed on the bottle is Suntheanine. You can find it in capsule form or liquid.

- Start with once a day dosing (general guideline) for dosing:
- 0-10# - 50mg every 8 to 12 hours if needed
- 10-20# - 100mg every 8 to 12 hours if needed
- 20-40# - 200mg every 8 to 12 hours if needed
- 40-60# - 300mg every 8 to 12 hours if needed
- 60-80# - 400mg every 8 to 12 hours if needed
- 80+# - 500mg every 8 to 12 hours if needed