

Atypical presentation of the side effect of sublingual immunotherapy - tablet house dust mite allergy immunotherapy in a patient with multiple atopic diseases: Allergic rhinitis, allergic conjunctivitis and atopic eczema

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ABSTRACT

Introduction: House dust mite (HDM) sublingual immunotherapy (SLIT)-tablet is sublingually given as allergy immunotherapy (AIT) for HDM allergic rhinitis and allergic asthma. **Case Presentation:** We report here a 35-year-old female with severe allergic rhinitis, allergic conjunctivitis, atopic eczema, latex and drug allergy, was started on SLIT-tablet AIT and had delayed inflammatory reaction in the oral cavity. She had positive skin prick test to HDM *Dermatophagoides pteronyssinus* (Der p) and *Dermatophagoides farinae* (Der f), both with a wheal size of 20mm and 18mm respectively. Total immunoglobulin E (IgE) was raised (644 kU/l) and specific IgE to Der p & Der f were very high (>100 kUA/l). Specific immunoglobulin G4 (sIgG4) were normal. She was started on the first dose of SLIT-tablet at the Ear Nose and Throat operating theatre under latex free environment. Fifteen minutes after administration she had sublingual and throat irritation, choking sensation, followed by heartburn and itchiness over her skin and eyes. Symptoms resolved with levocetirizine and vital signs were normal. She continues the SLIT-tablet daily at home. On third day of SLIT-tablet she developed throat itchiness, discomfort at sublingual area where the drug was placed. She noticed a few small villous like growth on ventral surface of the tongue and some at the floor of the mouth. By day 15 of treatment, the heart burn, the throat, skin and eye itchiness have reduced. At day 52 of treatment, the only reaction was persistent oral cavity discomfort and the presence of tiny villous like growth at the floor of her mouth. She had tolerated the SLIT-tablet without any systemic allergic reaction or anaphylaxis. **Discussion:** The presence of persistent villous like growth over the tongue and floor of mouth after on SLIT-tablet containing HDM allergen could suggest a possibly delayed inflammatory reaction locally over the sublingual region rather than an IgE-mediated allergic reaction.