

HOW TO AVOID AN ALLERGIC REACTION TO FLOWERS

1 Be alert to the smell of flowers.

Highly fragrant flowers (including roses and lilies) are likely to have open buds, more pollen, and a higher level of allergy danger.

2 Send an usher or bridesmaid to examine the buds.

Floral buds that are completely open—especially flowers that are dying—release more pollen, which causes allergic reactions. If buds are wide open, do not approach the flower.

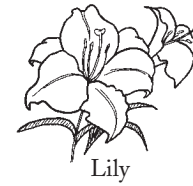
3 Ask the attendant to check the interior of the bud.

Pollen is supplied by the stamen, the male reproductive organ in a flower. The stamen usually consists of a long filament topped by an anther, which holds the pollen. If the stamen is highly visible, the flower is more likely to cause an allergic reaction.

4 Instruct the attendant to clip the anthers.

Using a sharp pair of scissors, carefully cut all the anthers and remove.

Highly Allergenic



Lily



Lilac



Gardenia



Calla Lily



Peony

Less Allergenic



Tulip



Snapdragon



Baby's Breath



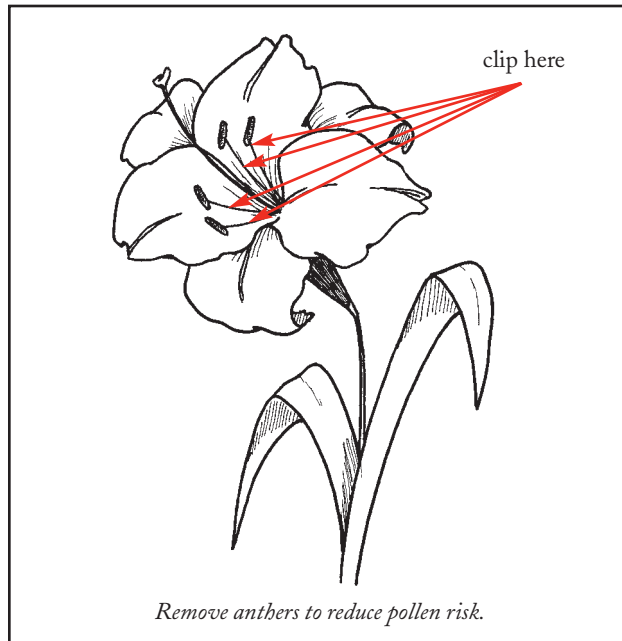
Bougainvillea



Cactus

5 Avoid sap.

Floral sap can cause severe allergic reactions. The clear sap from lily stems causes “lily rash,” a persistent itch that may come and go for years. Do not touch sap or place your hands in water that has been in contact with lilies. Avoid the milky white sap, called latex, from poinsettias, cacti, and other *Euphorbias*: It is highly allergenic and can cause blindness if rubbed in the eyes.



**WORST-CASE
SCENARIO.**