



Breathe Well. Hear Well. Be Well.

PATCH TESTING INSTRUCTIONS

Do's and Don'ts before Patch Testing

1. May take antihistamines.
2. Ideally off oral steroids 7 days prior to testing. Some patients may be instructed by physician to stay on low dose oral steroids prior to testing and should continue as instructed.
3. No steroid injection 1 month prior to testing
4. No topical steroid to the patch test sites x 7 days.
5. Patch Testing is typically performed on the back. You may not have testing in this area if there are rashes, scars, excessive sun exposure, ultraviolet therapy, or tattoos.
6. Alternative patch test areas may be the abdomen, upper arm, or thigh.
7. Avoid sunlight or tanning x 1 week prior to testing.
8. If you have a hairy back, please shave your upper back at least 2 days prior to testing.
9. Avoid taking showers the day of the patch placement.
10. Do not put any lotions on the area to be patched.
11. If you have acute flare up with extensive skin rashes, you will not be able to undergo patch testing. Make an appointment to see the physician.
12. You may bring your home products (make up, lotion, topical steroid cream/ointment, emollient) to be placed in a patch at the same time.
13. For women, wear a bra with thin, widely placed straps so that the patch can be placed between the straps. You will need to wear the same type of bra for the next 2 days to prevent the straps from rubbing on the panels.
14. If you had recent allergy testing on the back, recommend waiting at least 1 week before patch testing.

Cost of Patch Testing

Patch testing is typically covered by insurance providers. There may be limitations on the number of patches that can be placed, but you may pay additional fee for more. Our allergy staff will check your insurance benefits and review this information with you before your appointment.

Follow Up after Patch testing

The patches must stay on the back for 2 days. Appointment to place the patch should be on a Monday or Wednesday. Patch removal and first patch test read will be 2 days later. Ideally, the skin must be then checked every 2 days for 2 more visits with the physician. (Total of 4 office visits).

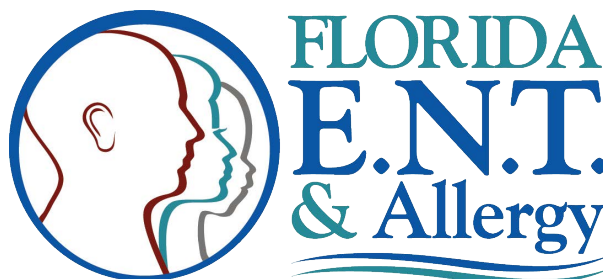
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What to expect after patches are placed?

1. Patches will be placed on the skin. Additional tape is used to ensure proper adhesion. It is very important that the patches stay on the skin for 48 hours.
2. Do not get the panels or the surrounding skin wet. Take sponge baths for the first 48 hours. Do not shower.
3. Do not exercise or perform any strenuous activity which will stretch the back and make you sweat.
4. If the patch starts to come off, you may add additional tape.
5. You will experience itching on your back. Do not scratch your back.
6. You will return to the office to have the patches removed 48 hours after placement.

SECOND AND THIRD PATCH TEST READING

1. You will be given the patch test recording sheet and the patch test reading cards to go home with. Bring these with you to all of your future appointments.
2. Return to the office for the 2nd (2 days after patch removal) and 3rd (4 days after patch removal) Patch Test Readings.
3. If you are not able to make the 2nd patch test reading, you may take a photo of the patch areas.
4. You may shower, but do not scrub the back and erase the Sharpie lines. If the Sharpie lines are fading, please retrace the lines with Sharpie marker
5. Reading the Patches:
 - a. Place the reading cards over the rectangles marked on the skin with the Sharpie marker.
 - b. Positive reactions are red, raised or blistered, and the reactions form a perfect square. There may be some red, irritated areas due to the adhesive and tape. There may be some darker areas due to the dye.
6. Your physician will provide you handouts on any positive chemical reactions.



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