

Patent Instructions for Patch Testing

The purpose of patch testing is to determine if your skin condition is caused by an allergic reaction to specific substances/chemicals. Eight sticky panels of allergens will be applied to your back which will need to be left on and kept dry for two days, and be seen by a physician for follow-up three days after patches are applied.

PRIOR TO APPLICATION

- Please come to your appointment with clean skin. DO NOT apply any creams or lotions prior to appointment.
- If your back has hair, please shave area prior to appointment.
- Wear loose fitting clothing, preferably a button-down shirt.
- If your profession requires heavy lifting or strenuous activity, you may need to take time off or request light duty to avoid patches from falling off or shifting, which may alter results.
- You will need to refrain from exercising, performing hard labor, and/or getting your back wet for 48 hours.

WHILE PATCHES ARE ON

- Keep patches dry. DO NOT shower or bathe until after follow-up with your physician.
- Refrain from exercising, performing hard labor, and/or getting your back wet for 48 hours.
- Avoid exposure of your back to the sun.
- If you experience burning or severe itching, please call the office for further instructions.
- If pain occurs, you may remove the patch (single allergen) in the area of pain.
- If you remove the patches at home, do not rub, scratch, or wet the application zone. Itching is an indication of a positive response and scratching might alter the test result.
- If the adhesive on the patches loosen or lift, it is okay to reinforce with paper tape.

WHAT TO EXPECT AT YOUR FOLLOW-UP VISIT

- If you have positive reactions, your physician will review and provide information about the substances/chemicals to which you are allergic.

Please contact us with any questions or concerns.

South Shore Dermatology Physicians, P.C.
31 Roche Brothers Way, #200
N. Easton, MA 02356
Phone: (508) 535-3376
Fax: (508) 535-3377