



Instructions for Patch Testing

Patch testing is a test to assess your skin's reaction to a variety of substances which you may come in contact with in your home, at work, or during recreational activities. The tests consist of chemicals (allergens) which will be placed on plastic chambers on your back that adhere with hypoallergenic tape. There are no needles or "pricking" instruments used in this form of testing.

Patches will be placed on your back at the first appointment in our office. At that time, you should **bring all products that you have used on the affected areas of your skin. This includes lotions, creams, moisturizers, topical medications, soaps, contact lens solutions, cosmetics, etc., as well as any products that your physician has requested.** If you suspect something at your workplace is causing your problems, **you should bring in any work-related substances together with MSDS sheets.**

Your first appointment, with the application of the patches, may take approximately 45-60 minutes. At this time, your back will be marked with permanent marker to identify the location of individual allergens. **It is recommended that you wear an old shirt to protect your clothing.**

At your second visit, two days after visit one, the patches will be removed. You will be in our office for approximately 30 minutes for this visit and an initial reading will be performed at this time.

The final reading (visit 3) occurs 4 days after the initial visit. A discussion and explanation of the test results will take place at this visit. The visit may take up to 45 minutes, depending on your reactions. Educational materials and handouts will be given at this visit.



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