



Patch Testing Instructions

- Testing will be over a 5 day period (typically Monday, Wednesday & Friday office appointments)
- Applied patches must be kept completely dry.
- DO NOT GET YOUR BACK wet during the 5 day testing period. Shower only facing forward so water does not get on your back.
- You should not swim or participate in any activities that will cause significant sweating during the 5 day testing period.
- Patients with significant hair on the back should shave one day prior to the first visit.
- Leave the patches in place for 48 hours. We will remove the patches after 48 hours in the office.
- If you experience severe itching or pain underneath a patch, call our office at 610-566-7300.
- If you are unable to contact our office, you may have someone CAREFULLY remove or cut away the individual patch that is causing the reaction.
- The patches may leave stains on your clothes once removed. Please bring an old T-shirt to wear after we take your patches off (your second visit).
- It is rare for patch test reactions to be prolonged or to leave discoloration at the test site.
- At the end of the 5-day testing period, if allergens or irritants are identified, we will generate a list of products that are most likely *safe* for you to use.
 - o It will include specific products you can use separated by product type (ie moisturizer, deodorant, laundry detergent, etc.)
 - o It will be sent your email address from the American Society of Contact Dermatitis. If you do not receive it, check your spam folder. If you still do not receive it or you don't have an email address, please speak to a nurse.
 - o If you'd like information on a smartphone app with your patch test information, please ask your nurse for more information.

Please inform Dr. Altman, Dr. Patel, Dr. Schilling or Nancy if:

1. You are pregnant/nursing or trying
2. Recently taken prednisone/steroids by mouth or injection
3. Applied steroid creams, Protopic or Elidel to your back within the last two weeks

Your test may be completely negative; this means that it is less likely that an allergy is causing your skin problem. It does not eliminate the possibility, however. Further testing may be necessary in the future.

Any questions or concerns, please contact our office: 610-566-7300