

Patch Testing

Patch testing is done to test for a skin allergy to substances in the environment or in products you may apply to the skin.

Your skin can become allergic to nearly anything however there are a relatively small number of compounds to which people commonly become allergic. This test searches for allergies caused by components which come into direct contact with the skin (this is different than allergens in the air, or in foods, or oral medications - this type of testing is performed by Allergists).

The test takes several days. On the first day, several test strips are applied to the skin, usually the back, with medical tape. For the next two days **you must not get this area wet**. Getting the strips wet will cause them to lift off the skin, invalidating the test. **This means you cannot take a shower or get excessively sweaty during the test**. Sponge baths are OK as long as the back stays dry. You should reschedule any activities requiring significant physical activity during testing.

Two days after the test strips are applied, you will return to the office to have them removed and the area covered by the strips is evaluated for any allergic skin reaction.

Allergic reactions commonly take 2-4 days before they can be seen, so you will need to come back a third time, usually 4 days after the strips were applied for the final reading and discussion of any positive test results.

Pre-Test Instructions

(If you have any questions, please call our office)

- Wear comfortable clothing
- No oral corticosteroids (e.g. Prednisone) for 2 weeks prior to testing
- No antihistamines 7 days prior to testing (e.g. Benadryl, Allegra, Zyrtec, etc.)
- No skin lotions or medicines on test areas
- Shave off excessive back hair with an electric razor
- Avoid using alcohol or other irritating substances

Other: _____