

Patch Testing for Skin Allergies:

A patch test is a common test used to determine what is trigging an allergic reaction by the skin. The allergic reaction is referred to as <u>allergic contact dermatitis</u>.

The trigger of the allergic reaction is called the allergen. Common allergens include metals (<u>nickel</u>), fragrances, adhesives, and other chemicals.

During the test, different potential allergens are applied to the skin in the medical office and then left in place to give time for the skin to react. Your doctor will select allergens that are suspected to be possible triggers of the rash.

What happens During a Patch Test?

Day 1: A small amount of each substance is placed into patches which are applied to the back and left in place for 2 days.

Day 3: Return to the office to have the patches removed. You will wait for about 15-25 minutes for redness to disappear before examination. After that point you may shower with water only.

Day 5-7: Return to the office for final patch read and your doctor will look at your skin to determine which substances have triggered a reaction, if any.

The entire process takes 5-7 days.

Positive reactions can last for several weeks and can itch or be irritating. Your doctor may give you a medication to control the itch.

What Instructions Should I Follow?

- Return to the office after 2 days for the doctor to evaluate the results
- Keep the skin that is being tested **dry** at all times. If the skin or substances applied to the skin get wet, tell your doctor or nurse at your next visit
- Avoid hot areas and activities that cause you to sweat
- Wear loose, comfortable clothing

 $Robert\ W.\ Hostoffer,\ D.O.$

Haig Tcheurekdjian, Monot use topical steroids to the back 2 weeks prior to patch placement Devi K. Jhaveri, D.O.

Shan Shan Wu, D.O.

- Do not take oral steroids 4 weeks prior to patch placement
- It is okay to take antihistamines for the duration of this procedure