



## Post Procedure Instructions

### INSTRUCTIONS FOR PATCH TESTING

Patch testing is done by taping “allergens” under “patches” to your back and leaving them on for 48 hours. The patches are then removed, and under the areas examined for signs of a reaction. The back is then checked again two days later. We use an extensive patch test series called the North American Contact Dermatitis Group of allergens, which includes 80 of the most common ingredients that cause contact dermatitis.

#### **BEFORE YOUR PATCH TEST APPOINTMENT:**

- Two weeks before Day 1, stop all immunosuppressive oral medications (such as prednisone or corticosteroid pills) unless we have instructed you not to.
- One week before Day 1, stop all of your medicated creams or ointments that you may be using on your back. Stop any sun exposure to your back.
- Three days before Day 1, stop using all moisturizers, lotions, or creams on your back.

**Day 1 (MONDAY):** A series of allergen patches will be taped to your back. After the patches are applied, please avoid any sweating, exercise or strenuous activity until the patches are removed on Day 3. You can take a sponge bath only, but do not get your back wet. Showering, bathing or swimming is NOT allowed. Too much sweat or water will lift up the patches and make them lose contact with the skin, which will make the test useless.

**Day 3 (WEDNESDAY):** You will return to have the patches removed and any reactions will be noted.

**Day 3-5:** Do not rub your back with a towel and avoid scratching the area. Do not wash off the markings on your back, as that will make the test useless.

**Day 5 (FRIDAY):** You will return for a final reading. Once we have determined all of your allergens, we will enter your results into a database that will give us a SAFE list of products that you can use. This list will be emailed to you. We’d like to see how your rash is doing in about 1 month.

