**Patch Testing**

Your skin condition may be caused by an allergic response to chemicals present in normal household or workplace products. The method to obtain proof of a possible contact dermatitis is to perform patch testing. Sticky patches will be applied to your back and our staff will examine you for a reaction over the course of a week. A positive test reaction will look like a red patch and is sometimes itchy.

**Patch Test Procedures:** Requires 3 office visits in one week

<table>
<thead>
<tr>
<th>Visit</th>
<th>Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Visit</td>
<td>Allergens will be taped to your back.</td>
</tr>
<tr>
<td>2nd Visit</td>
<td>Occurs within 48 hours of initial visit. Patches will be removed by you or by our staff. Skin reactivity to each allergen will be measured.</td>
</tr>
<tr>
<td>3rd Visit</td>
<td>Final reading and explanation of findings.</td>
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</tbody>
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On rare occasions, a 4th visit may be required one week after placement of the initial patches.

**Patch Test Instructions**

**PRE-TESTING**

- Please notify us if you are pregnant.
- **Do not** take any oral cortisone medicine during the testing period. You must be off oral cortisone (prednisone) for at least 2 weeks prior to initial testing.
  - Certain exceptions may apply so please discuss with the physician.
  - Please call us if you have any questions about your medications.

**TESTING INITIATION**

- The test will be applied to your upper back area.
  - Shaving of the area may be required during the visit prior to the application.

**BETWEEN 1ST AND 2ND VISITS**

- In order to prevent the mixing of allergens and poor test results, please refrain from exercising, performing hard work and/or getting your back wet until after your 2nd visit.
  - You may wash using a washcloth but **do not** let water run down your back.
- **Avoid** exposure of your back to the sun.
- **Do not** remove the patches until the morning of the 2nd visit.
  - Bring the patches with you to the office.
- After removing the patches, **do not** rub, scratch or wet the application zone. Itching is an indication of a positive response and scratching might alter the test result.
- If you do not have someone at home to remove the patches in the morning, please arrive 15 minutes prior to your appointment and we will remove them in the office.
  - This will allow any inflammation from the tape to resolve before the reading.
- You may resume all normal activities after your 2nd visit.

**Visit Summary:** If you have positive reactions, Dr. Zippin will prepare information handouts on the chemicals you are sensitive to and also generate a list of safe products to use. These materials can either be printed out or e-mailed to you based on your preference.

**Bring the Following Items on your First and Last Visits**

- Please bring any products you or your spouse apply to the skin such as:

<table>
<thead>
<tr>
<th>Topical medicines</th>
<th>Eye Drops</th>
<th>Cosmetics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Moisturizing Cream</td>
<td>After Shaves</td>
<td>Perfumes</td>
</tr>
<tr>
<td>Sunscreens</td>
<td>Colognes</td>
<td>Insect Repellent</td>
</tr>
</tbody>
</table>

- If you have hand dermatitis, please bring in any gloves that you wear.
- Bring these items with you even if you have not used them recently or even if you do not think you have any problems with the item.

If you have any questions, please contact our office at 646-962-3376.