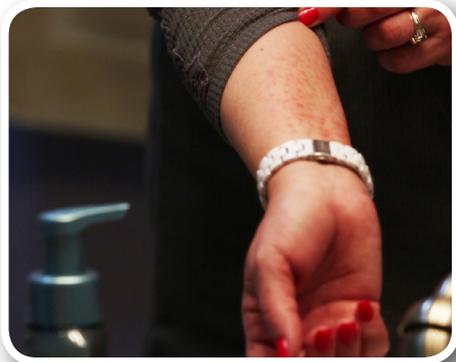


## Common Sources of Allergens

Visit

[forefrontdermatology.com](http://forefrontdermatology.com)

- Toiletries – this includes things like cosmetics, perfumes, shampoo, soaps, lotions, or other skin care products.
- Medical items – such as cough syrup, topical anesthetics, antibiotic creams, eye drops, ear drops, or any other drops, bandages, medicated creams or ointments.
- Rubber products – this includes shoes, gloves, elastic, tires, handles, and hoses.
- Food products – such as flavorings, candies, or chewing gum.
- Metals – this includes jewelry, metal-plated products, or costumes.



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**Patch Testing**

## What is patch testing?

Patch testing is a series of applications applied to the patient's skin to find out whether their skin condition may be caused or aggravated by a contact allergy. A wide range of substances can be used for this testing. Here at Forefront Dermatology we have some of the most complete, extensive patch tests available in the Midwest. We start with the North American 80 Comprehensive Series and add additional specific tests when appropriate to the individual.

## Who should be patch tested?

"Individuals should be patch tested based on their doctor's recommendation. People who often benefit from patch testing suffer from:

- Frequent rashes
- Recurrent rashes
- Atopic eczema with frequent flare ups
- Rashes that have not cleared up, especially with the continuous use of steroids. These flare ups are frequently caused by contact allergy to personal care products, medication, or things you come in contact with daily.

## Why should I be patch tested?

Knowing what you are allergic to will help you to know what to avoid and can help in the treatment of your condition.

## The Appointment

Your first appointment is the longest and may last up to 90 minutes. Tiny quantities of 80-120 antigens will be placed on your back in thin chambers. Tape will be applied over the top of the chambers to assure proper occlusion. These chambers will remain on your back for 48 hours. It will be very important to keep the area that is being tested dry and free of all products during the entire testing phase which is approximately 4-5 days.

When you return in 48 hours, the tape and the chambers will be removed so your physician can examine the area being tested. The back is marked with a black felt tip pen to identify the test sites. You will return again in another 24-72 hours for a final evaluation.

## The Results

The results should help you avoid certain allergens and reduce or prevent your rash. Hopefully, your dependency on medications will be reduced and your quality of life will improve.

Allergic contact dermatitis is a lifelong problem, so you should keep in mind to avoid any allergens your doctor has discussed with you. We encourage you to keep a list with you to reference when needed. Every product you use which comes into contact with your body, needs to be checked for the allergen and strictly avoided to prevent recurrent dermatitis.

