



www.forefrontdermatology.com • 877-230-4745

## Patch Testing Instructions

You have been scheduled for patch testing to determine what antigens you are coming in contact with that cause your dermatitis. When you arrive in our office, 80 antigens will be placed on your back on thin chambers. Tape will be applied over the top of the chambers to assure proper occlusion. These will remain on your back for 48 hours; these should not be removed or loosened by anyone but our office.

When you return in 48 hours the tape and the chambers will be removed and a first reading will be done and documented. You will return again in 24 hours after the patches were removed for a final reading.

After the final reading, the relevant positive responses will be discussed and you will be given a handout listing the name of the chemical.

**Allergic contact dermatitis is a lifelong problem, so you should write the name of any allergens on a small card and carry it with you.** Every product you use which comes in contact with your body must be checked for the allergen and strictly avoided to prevent recurrent dermatitis.

### **Do not do the following things until the testing is complete:**

- **Do not shower or get your back wet.**
- **Do not exercise or cause sweating.**
- **Do not take oral steroids.**