

**Georgia Skin and Cancer Clinic
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Patient Instructions on Patch Testing

Patch Testing has been recommended to evaluate the possibility that you could be allergic to certain chemicals that you encounter in your daily life.

Patch testing is performed at our Savannah clinic by applying strips of tape (test panels), each with up to ten allergens, to your back on a Monday morning. This first visit takes about 30-40 minutes. These tape strips need to remain in place and be kept dry from both bathing and perspiring for 48 hours. They will be removed on Wednesday and after that you may resume normal bathing. We will make some black pen marks on your back during the testing. Be certain not to wash them off as they serve as landmarks to note where the different allergens were placed. A final reading will be done on Friday morning (this is typically the most important reading) as positive results take several days to develop.

A positive test will show a red raised spot, round ¼" spot. There may be more than one positive test. Some of the allergens are dyes or tinted materials, which will not permanently stain the skin and should not be misinterpreted as a positive test. Positive tests will allow us to provide you with a listing of where the potential allergen is typically found so that you may avoid them.

To increase the reliability of your test, you should observe the following instructions:

1. Sponge baths only, until the test panels are removed on Wednesday. On Wednesday you can resume showering with minimal friction to test site.(for example no scrubbing, pat dry)
2. No activities leading to perspiration which may loosen the test panels until after the panels are removed.(for example exercising, shoveling)
3. You may develop itching at the test site avoid scratching as it may loosen the panels and make it difficult to interpret the results.
4. If an area of the test becomes loosened, reapply with adhesive tape and make a note of the area.
5. Do not remove pen marks until instructed to do so.
6. Antihistamines should be avoided 5 days prior to testing. Topical steroids discontinued on day of testing. Please notify us prior to your visit current oral steroid treatment (prednisone).

Sometimes a late reaction occurs at 7-10 days after the application of the test panels. If you think that you see a new spot or feel itchy in an area that was not present at your final reading, please call us for evaluation. After a positive test result is found, strict avoidance of the allergen must be achieved. In most cases it takes about 4-6 weeks before the original dermatitis is completely clear.

If you need to cancel your patch test appointment please call as soon as possible.