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### **Patient instructions after Patch Tests are applied:**

1. Do not swim, rub, or exercise, or use a heating pad as the patches may come off. Avoid sweating, excessive physical activity, or playing sports during testing.
2. Keep the back dry, so no baths, showers, or unnecessary sweating.
3. Do not expose your back to sunlight during the testing.
4. Do not get massages during the week of testing.
5. Most patients have 3 appointments. For allergies that may take longer to appear, delayed reading 7-10 days after application may be scheduled.
  - A. Appointment 1: Patch Test application. The substances to be tested will be applied to your back in small containers and/or chambers held within a tape and labeled with ink. This appointment may take up to 2 hours. The substances remain taped in place until your next visit, when the patches containing them are removed and any reactions noted.
  - B. Appointment 2 (48 hours after the patches are applied): the patches are removed and re-marked.
6. Appointment 3 (72 hours after the patches are applied): the physician will examine your back and any further re-actions will be discussed with you.
7. If the patches are extremely itchy, painful, or burning, please call our office if you are concerned.
8. If a patch starts to peel off, reinforce with tape such as Micropore or Scanpor. If a whole patch comes loose, remove it and note the date and time.
9. It is possible that the PT will be negative. This is helpful in eliminating contact allergy to the substances tested as a cause of your skin problem. Positive reactions become red and itchy at the test site and usually become apparent by the third visit (final reading); however, they can occasionally take longer, up to 2 weeks. For certain late-reacting substances, a reading may be scheduled 7-10 days after PT application. If you develop a late reaction after your last reading, please contact the office.