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### Patient instructions and information for before Patch Testing:

1. Patch Testing cannot be done on patients who are pregnant or breastfeeding.
2. Do not use any steroids for 2 weeks prior to patch testing (i.e., Prednisone, Medrol, etc.)
  - This includes topical creams, oral, intramuscular, and ocular.
  - **If you had an intramuscular injection, testing cannot be done until 4 weeks after the injection.**
  - **Ocular steroids can rarely block the test results. Please inform the scheduler if you are using these medications.**
  - If you are using any steroid medications, contact the doctor that prescribed them to see if it is safe for you to discontinue.
  - There are no allergy medications that you need to discontinue.
3. Do not sunbathe or expose your back to the sun or sunbed for at least 2 weeks before patch testing and continue to avoid sunbathing and exposure during the week of the testing.
4. Wear old, dark clothing as pen marks can stain clothes.
5. Most patients have 3 appointments. Some allergies, such as those to metals, may take longer to appear, and a delayed reading 7-10 days after application may be scheduled. Please try to schedule patch ON and patch OFF visits around same time of day.
  - Patch Test application: A New Patient consultation appointment may take up to 2 hours when patch testing is applied at that visit. 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. The substances remain taped in place until your next visit, when the patches containing them are removed and any reactions noted.
6. Preparation for testing:
  - Shower the morning of the test, as you cannot get your back wet from the time the patches are applied until the patches are removed at 48 hours. Therefore, no showering until after 2<sup>nd</sup> visit.
  - Do not put any creams or oils on your back the morning of the testing.
  - If there is hair on the back where the patches will be applied, shave (an electric razor is preferable) a day or two before testing (do not use chemical hair removal products).
  - If your insurance plan requires a copay, the copay will be due on the 1<sup>st</sup> and Final visits.
  - If you cancel on the same day as your Visit One appointment or fail to show, you will be charged a \$50.00 fee. All three appointments will need to be rescheduled.
    - Insurance codes: Procedure code: **95044**
    - Diagnosis codes: **L23.5** (chemicals) or **L23.0** (metals) or **L23.1** (adhesives) or **L23.2** (cosmetics)

**Visit One: Appt. Date:** \_\_\_\_\_ **Time** \_\_\_\_\_ **Location** **PR** **FL**

If you are sick or have a fever on the day you are scheduled to receive the patch test, please cancel and reschedule your appointments. Please confirm the dates and locations of your follow-up appointments.

**Visit Two: Appt. Date:** \_\_\_\_\_ **Time** \_\_\_\_\_ **Location** **PR** **PL** **HM** **FL**

You may shower and exercise **after** this visit. Make sure the markings stay in place after the patches are removed.

**USE BLACK PERMANENT MARKER TO TRACE THE MARKINGS DAILY UNTIL FINAL VISIT.**

**Visit Three : Appt. Date:** \_\_\_\_\_ **Time** \_\_\_\_\_ **Location** **PR** **PL** **HM** **FL**

**Visit Four (KMS/all others if needed):Appt. Date:** \_\_\_\_\_ **Time** \_\_\_\_\_ **Location** **PR** **PL** **HM** **FL**



### **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. If the patches are extremely itchy, painful, or burning, please call our office if you are concerned.
6. 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.
7. It is possible that the Patch Test 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, such as metals, a reading may be scheduled 7-10 days after Patch Test application. If you develop a late reaction after your last reading, please contact the office.

References: Fonacier L. A Practical Guide to Patch Testing. J Allergy Clin Immunol Pract. 2015 Sept-Oct;

Side effects are rare, but include:

- *Skin reddening and itching at the application site (a positive test result)*-this usually disappears after a few days. A strongly positive patch result may cause a blister.
- *Persistent reaction*- some positive test reactions, for example, to gold, may persist for up to a month.
- *Flare of eczema*- a positive patch test may be accompanied by a flare of existing or previous eczema.
- *Pigment change*- an increase or decrease in pigment may be seen at the site of the patch tests; this may last for months or rarely (1 in 1000) is permanent.
- *Infection*-this is rare and would need antibiotic treatment.
- *Scarring*- very rare (1 in 10,000).
- *Allergy*- Rarely, in approximately 1 in 5000 patch tests, you may become allergic to one of the substances applied during patch testing. In practice, this does not seem to cause problems in the long term.

References:

1. Fonacier L. A Practical Guide to Patch Testing. J Allergy Clin Immunol Pract. 2015 Sept-Oct;