



*We listen...
We'll take our time...
We'll make sure.*

American Dermatology Associates

American Dermatology Associates, LLC
6333 Long Ave., Suite 360
Shawnee, KS 66216
(913) 631-6330

Patch Testing Instructions

Patch testing is a test to assess your skin's reaction to a variety of substances which you may contact in your home, at work, or during recreational activities. The tests consist of chemical (allergens) which will be placed on small metal discs that adhere to your back with hypoallergenic paper tape. There are no needles or "pricking" instruments used in this form of allergy testing.

Patches will be placed on Monday in the Contact Dermatitis Section of American Dermatology Associates, LLC. At that time, you should **bring in all products that you have used on the affected areas of your skin such as lotions, creams, moisturizers, medications, soaps, contact lens solutions, cosmetics, etc., as well as any products that your physician has requested.** It is important that we have a list of ingredients contained in your products – this list can be found on the item itself or on its packaging (if the item was contained in a package or box at the time of purchase). **You should also bring in any work-related substances together with the MSDS sheets** if you suspect something at work is causing your problem. You will be asked to leave these materials with us for the duration of your testing. If you cannot, you will be requested to bring them back when you return on Friday (see below). The appointment on Monday will take approximately 60 minutes; however, it may be longer -- **please do not tightly schedule this appointment with another.**

The patches placed on Monday will be removed in 48 hours (Wednesday). This appointment will require 45 minutes. At this time, your back will be marked with indelible ink to identify the location of individual allergens. **Since your back will be somewhat "sticky", you may wish to bring an old cotton T-shirt to protect your shirt/blouse.**

The final interpretation will typically be performed on Friday. At that time, you should bring back any materials which you could not leave with us on Monday. A discussion and explanation of the test results will take place at this Friday visit which typically requires 15-30 minutes time, depending upon your reactions. As for the Monday appointment, **please do not tightly schedule this appointment with another.**

In order for the patch testing results to be valid, there are a few requisites:

1. Patch sites which have been marked with indelible ink must remain dry. Therefore, no showers are permitted from Monday to Friday during the testing. Sponge baths are permissible.

2. The patch must remain firmly adherent to your skin from Monday through Wednesday. Exercise and other activities which may loosen the patches are discouraged.
3. Avoid friction or rubbing of the patch tests as this may also cause them to become loose.
4. Should the patch test or adhesive tape become loose, apply additional tape to the patch test so that it is re-attached to the original area. Please report to your doctor that you had to re-fix the test patch.
5. Avoid scratching the areas where redness and itching appear as this can interfere with the results. If you do itch, you may take an antihistamine (e.g., diphenhydramine [Benadryl]).
6. Do not expose the test area to the sun or an ultraviolet lamp.
7. **Certain medications, both oral and topical are not compatible with patch testing and may interfere with the results.** A careful medication history will take place during the initial evaluation. If you remember a medication that you are taking and failed to mention it, please call the nurse as soon as possible before your visit – depending upon the medication, you may have to be re-scheduled. In order to obtain accurate patch test results, **please stop taking any oral cortisone medications (prednisone) 2 weeks before patch testing is to begin. Also, do not use any topical creams or ointments on your back for 5 days preceding the patch testing.**
8. Occasionally, some patients have vigorous reactions to some substances. This may result in local discomfort which can be created at the follow-up appointments. Also, some chemicals may temporarily stain the skin because of a brisk allergic reaction, or because the chemical dyes the skin. These changes are usually temporary and will fade with time.
9. Rarely, you may observe a reaction at the test site as late as 3 weeks after your visit. If this happens, please report it as it may be important to you.

If any questions should arise during the patch test process, you may call our nursing staff at 913-631-6330.

If a scheduling problem should arise relating to the patch testing, call our nursing staff at 913-631-6330, **Please be aware that it takes several hours to prepare your tests before your appointment – therefore, it is our policy to have a very low tolerance for “no-shows”.**

YOUR PATCH TESTING SCHEDULE

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>
MONDAY		
WEDNESDAY		
FRIDAY		
OTHER		