

Photo Patch Testing

Your skin condition may be caused by a photo induced allergic response to chemicals present in normal household/workplace products or a skin sensitivity to certain spectrums of light. Different types of light will be exposed to your back and sticky patches may be applied. A positive test reaction will look like a red patch and is sometimes itchy.

Patch Test Procedures: Requires 4 office visits in two weeks

Visit	Summary
1 st Visit	Allergens and light exposures will be applied to your back.
2 nd Visit	Examination of light reaction and further exposure to light if necessary. <ul style="list-style-type: none">• MED of UVA and UVB will be measured.• Exposure of photo Allergens to UVA. Photo patches removed by staff.
3 rd Visit	Remaining patches will be removed by staff. Skin reactivity to each Allergan will be measured.
4 th Visit	Final readings and explanation of findings.

Patch Test Instructions

PRE-TESTING

- Please notify us if you are pregnant.
- **Do not** take any oral cortisone medicine during the testing period. You must be off oral cortisone (i.e., prednisone) for at least 2 weeks prior to initial testing.
 - Certain exceptions may apply so please discuss with the physician.
 - Please call us if you have any questions about your medications.

TESTING INITIATION

- The test will be applied to your upper back area.
 - Shaving of the area may be required prior to the application.

BETWEEN 1ST AND 3RD VISITS

- In order to prevent the mixing of allergens and poor test results, please refrain from exercising, performing hard work and/or getting your back wet until after your 3rd visit.
 - **You may stand in the shower and use a washcloth. Do not let water run down your back.**
- Avoid exposure of your back to the sun.
- If you experience burning or severe itching, please call the office for further instructions.
- **Do not** rub, scratch or apply creams to the application zone. Itching is an indication of a positive response and scratching might alter the test result.
- You may resume all normal activities after your 3rd visit however we ask that you not allow water to hit your back for long periods of time or go swimming to avoid loss of markings. Also please do not apply any creams to the back

Visit Summary: If you have positive reactions, Dr. Zippin will prepare information handouts on the chemicals you are sensitive to and also generate a list of safe products to use.

Please Bring the Following Items on your First and Last Visits

Topical medicines	Eye Drops	Cosmetics
Moisturizing Cream	After Shaves	Perfumes
Sunscreens	Colognes	Insect Repellent

- Any other products you or your spouse apply to the skin.
- If you have hand dermatitis, please bring in any gloves that you wear.
- Bring these items with you even if you have not used them recently or even if you do not think you have any problems with the item.

If you have any questions, please contact our office at 646-962-3376.



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