

### Patch Testing

Your skin condition may be caused by an allergic response to chemicals present in normal household or workplace products. The method to obtain proof of a possible contact dermatitis is to perform patch testing. Sticky patches will be applied to your back and our staff will examine you for a reaction over the course of a week. A positive test reaction will look like a red patch and is sometimes itchy.

### Patch Test Procedures: Requires 3 office visits in one week

Visit	Summary
1 <sup>st</sup> Visit	Allergens will be taped to your back.
2 <sup>nd</sup> Visit	Occurs within 48 hours of initial visit. Patches will be removed by our staff. Skin reactivity to each allergen will be measured.
3 <sup>rd</sup> Visit	Final reading and explanation of findings.

*On rare occasions, a 4th visit may be required one week after placement of the initial patches.*

### Patch Test Instructions

PRE-TESTING
<ul style="list-style-type: none"><li>• Please notify us if you are pregnant.</li><li>• 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.<ul style="list-style-type: none"><li>○ Certain exceptions may apply so please discuss with the physician.</li><li>○ Please call us if you have any questions about your medications.</li></ul></li></ul>
TESTING INITIATION
<ul style="list-style-type: none"><li>• The test will be applied to your upper back area.<ul style="list-style-type: none"><li>○ Shaving of the area may be required during the visit prior to the application.</li></ul></li></ul>
BETWEEN 1 <sup>ST</sup> AND 2 <sup>ND</sup> VISITS
<ul style="list-style-type: none"><li>• 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 2<sup>nd</sup> visit.<ul style="list-style-type: none"><li>○ You may stand in the shower and use a washcloth. Do not let water run down your back.</li></ul></li><li>• Avoid exposure of your back to the sun.</li><li>• If you experience burning or severe itching, please call the office for further instructions.</li><li>• After the patches are removed, 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.</li><li>• You may resume all normal activities after your 2<sup>nd</sup> 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</li></ul>

**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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