

MASSAPEQUA DERMATOLOGY, PLLC

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Patch Testing Aftercare Instructions:

It is believed that your skin condition may be related to contact with chemicals in your environment. This is called allergic contact dermatitis. The only way to obtain proof of allergic contact dermatitis is by **Patch Testing**. This is different from the scratch or prick testing and does not identify food, inhalant allergies or any allergies to oral medications.

- **Patch Testing Visit #1-** Small patches will be taped to your back. These patches will stay in place for **48 hours**, where you **should NOT**: Scrub/wash your back, or do any work or exercise that **will wet or loosen the patches**. You will be given a skin pen to take home with you, in case any of these marks come off. You **MUST** have someone check and re-mark the spots **DAILY**. (**You can use a sharpie or flair pen to remark the spots as well**)
- **After 48 Hrs. - Patch Testing Visit #2-** The patches will be removed during this visit and a reading will be done. The patch sites will be marked and you will be asked to return for a final reading on another day. **BETWEEN THESE 2 APPOINTMENTS, YOU STILL SHOULD NOT WASH OR SCRUB YOUR BACK**. You **MUST** continue to have someone check and re-mark the spots **DAILY**.
- **Patch Testing Visit #3-** Typically 1 week after the initial application. During this visit, they will look for any delayed reactions from the patches and your results will be discussed between you and your provider.

You may develop itching under the patches. If it becomes severe or painful, please contact the office. You may develop blisters at positive sites, and very rarely prolonged reactions or even scars.

You should **not** be tested if you are taking cortisone pills, have recently had a cortisone injection, have been applying a cortisone cream to your back, or have had sun on your back recently. **Please let your provider know if any of these have occurred. Please let your provider know if you are pregnant.**

Your tests may be completely negative. This probably means that an allergy is not caused by any ingredient that we tested for. The test is not infallible, however, an allergy may be missed. Retesting or additional testing in the future may be indicated.

At Massapequa Dermatology, we follow the recommendations of the American Academy of Dermatology to test for a total of 90 allergens. However, some insurances will only cover 80. Therefore you will have to return at a later date for the additional patches or you can pay out of pocket for the additional 10 patches with a cost of \$75. To find out whether your insurance covers all 90 patches, please ask our Surgical Coordinator or one of our staff at the front desk.