



### **PATCH TEST INSTRUCTIONS**

#### ***Before your Patch Test***

- Shower before your appointment time as you will not be able to shower until the patches are removed in two (2) days.
- DO NOT take prednisone for 2 weeks prior to your Patch Test.
- DO NOT take antihistamines for 48 hours prior to your Patch Test.
- DO NOT use cortisone cream on your back

#### ***During your Patch Test: (Please expect the application appointment to take up to 1 hour)***

- 8 Panels containing allergens will be applied to your back the day of your appointment. After the panes are applied:
  - DO NOT shower, exercise, or partake in strenuous activities that will make you sweat. It is important to allow the allergens to maintain contact with your skin for 48 hours to obtain an accurate reading. **Panels that are removed or damaged will require a complete retest, at additional cost to the patient.**
  - DO NOT take any antihistamines or use any cortisone creams on your back during this process.

#### ***After your Patch Test***

- Your first reading should be scheduled for 48 hours after initial placement. At this appointment your panels will be removed, and your doctor will check if you have had any reactions to the allergens. After your appointment, you should still avoid showering, exercise, strenuous activities, and antihistamines.
- Your second patch test reading should be scheduled 72 hours after initial placement. At this appointment, your final reading will be done, and the doctor will go over your results.

***Thank you and please call us with any questions! If you have concerns after hours, please call our office number and our service will get a message to your doctor.***

**562.256.9929**