



**Photo Patch Testing**

Your skin condition may be caused by an allergic response to chemicals present in normal household or workplace products after exposure to the sun. The method to obtain proof of a possible contact dermatitis is to perform photo patch testing. Sticky patches will be applied to your back in combination with UV light 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 4 office visits in one week

Day 1 Monday 8:30am	UVA, UVB and/or white light exposure. Allergens will be taped to your back.
Day 2 (24 Hrs.) Tuesday AM	MED of UVA and UVB will be measured. UVA exposure to one set of allergens.
Day 3 (48 Hrs.) Wednesday AM	Any remaining standard allergy patches will be removed. Skin reactivity to each allergen will be measured.
Day 4 (96 Hrs.) Friday AM	Final reading and explanation of finding.

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

**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.
- Topical steroids and Antihistamines are okay (i.e., Hydrocortisone & Benadryl)
  - 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.
  - **Please shave your back** prior to the application.
  - Please bring a hair clip to keep your hair off your back

**BETWEEN 1<sup>ST</sup> AND 2<sup>ND</sup>/3<sup>RD</sup> 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 all patches are removed which will occur on either the 2<sup>nd</sup> or 3<sup>rd</sup> 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.
- 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.
- You may resume all normal activities after your 3<sup>rd</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

**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.

ONLY if you suspect a specific product is causing your skin condition, you can bring those items on your first visit. Otherwise you **DO NOT** need to bring in products. **We can only test leave on products.** If the product needs to be washed off we can't test it.

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

If there are any questions or concerns, please contact us at (646)962-3376