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 rash and is sometimes itchy.

Patch Test Procedures: Requires 3 office visits in one week.
Schedule: Monday, Wednesday, then Friday or Wednesday, Friday, then Monday

<table>
<thead>
<tr>
<th>Visits</th>
<th>Summary</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Visit</td>
<td>Allergens will be taped to your back.</td>
</tr>
<tr>
<td>2nd Visit</td>
<td>Occurs after 48 hours from your initial visit. Patches will be removed by our staff. Skin reactivity to each allergen will be measured.</td>
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<tr>
<td>3rd Visit</td>
<td>Final reading and explanation of findings.</td>
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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 1ST AND 2ND 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 2nd 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 2nd 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**

<table>
<thead>
<tr>
<th>Topical medicines</th>
<th>Eye Drops</th>
<th>Cosmetics</th>
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</thead>
<tbody>
<tr>
<td>Moisturizing Cream</td>
<td>After Shaves</td>
<td>Perfumes</td>
</tr>
<tr>
<td>Sunscreens</td>
<td>Colognes</td>
<td>Insect Repellent</td>
</tr>
</tbody>
</table>

- We can only test leave on products. If the product needs to be washed off we can’t test it.

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