



DERMATOLOGY
ASSOCIATES OF ITHACA
Healthier Skin Since 1983

COMMON SOURCES OF ALLERGENS

Toiletries: this includes products like cosmetics, perfumes, soaps, lotions, shampoos, and other skin care products

Medical Items: cough syrups, topical anesthetics, antibiotic creams, eye drops, ear drops, bandages, and medicated creams and ointments

Rubber Products: shoes, gloves, elastics, tires, handles, and hoses

Food Products: flavoring, candies, or chewing gum

Metals: this includes jewelry, plated products, or costumes

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PATCH TESTING

What is Patch Testing?

Patch testing is a series of applications applied to the patient's skin to find out whether their skin condition may be caused or aggravated by a contact allergy. We test for these allergens with the North American 80 Comprehensive Series and can add additional specific tests when available for the individual.

Who should be patch tested?

Individuals should be tested based on their doctor's recommendation. People who benefit most from patch testing are those who suffer from:

- Frequent rashes
- Recurrent rashes
- Atopic Dermatitis (with frequent flares)
- Rashes that have not cleared up despite treatment with steroids

Why should I be patch tested?

Knowing what you are allergic to will help you know what to avoid in order to help with the treatment of your condition

The Appointment

Your patch test will consist of three appointments scheduled in one week on Monday, Wednesday, and Friday. You must stop all treatment of your rash at least one week prior to your patch test. This includes: antihistamines and topical steroids. Oral steroids (prednisone, methylprednisone) must be discontinued for at least two weeks prior to testing. Please discuss your medications, especially use of any immunosuppressants, with your provider prior to scheduling your patch test sequence.

Monday: Eighty separate chambers containing a small amount of each allergen will be applied to your back at the first appointment. Paper tape will be used to be sure the patches stay in place. It is important that you shower the Monday, prior to your appointment since you will be unable to shower until after your next appointment. Do not apply lotion or skin cream to your back.

Wednesday: The tape and chambers will be removed at this time so the provider can evaluate your back for any possible reactions.

Friday: You will be evaluated for any delayed reactions that were not present at Wednesday's appointment. At this time, the provider will discuss any reactions and their corresponding allergen, as well as recommendation of treatment options.

The Results:

Allergic contact dermatitis is a lifelong problem so you should keep in mind to avoid any allergens your provider discusses with you. Every product you use that comes in contact with your skin needs to be checked for the allergen(s) and strictly avoided to prevent recurrent dermatitis.