

Patch Test Guide

Before patch testing

- Please do not tan or have phototherapy treatments for 2 weeks before your patch test.
- Do not get any steroid injections or start any new pills for your rash (antihistamines and steroid injections for your joints are okay).

Patch test week

Please bring your completed patch test form to your visit.

Showering

- You may shower BEFORE the test on Monday, but do not apply anything to your skin after.
- If we use plastic tape on your back, you will be able to take a light lukewarm shower on Mon, Tues and Wed—being careful not to disturb the patches. But once the tape is removed, do not shower.
- If we use paper tape (for more sensitive skin), you will not be able to shower until after your visit on Friday.
- Sponge bathing and washing your hair the sink are safe.

Medications

- To help with itching, you can take antihistamines (Benadryl, Zyrtec, Allegra, Claritin) up to 2 pills twice daily.
- Applying an ice-pack over your clothes for 5-10 minutes may also help.
- You may use topical steroids and lotions on parts of your body that are not being tested.

Other restrictions

- Do not swim, exercise or do any sweat-inducing activity this week.
- We recommend wearing loose fitting clothing.
- If you have a hairy back, we may trim it in the office.

After patch testing

- Please check your back periodically over the next week to see if you develop any new/delayed reactions. If you do, please send a picture to dermpatch@tuftsmedicalcenter.org
- Even with strict avoidance of your allergens, it may still take several months for your skin to completely clear.
- Your referring provider will be notified of your results.