



## Schwarz Dermatology Patch Test Instructions

The goal of this test is to identify possible allergens that are contacting your skin and causing an allergic contact dermatitis, so that you can eliminate the allergen. There are 80 allergens on this panel called the North American Comprehensive Series and it includes the top 80 allergens in North America (US and Canada). There are allergens that are not present on this test. You will be given a complete list of allergens used at the end of the testing period. The testing period consists of 7 days.

Patients should avoid oral prednisone at least 4 weeks prior to placement of the patch tests.

**Day 1:** The patch test is placed preferably on your back. We place these tests on a Monday or Tuesday of the testing week. We will clean your back, apply the patches, outline them with removable ink, and then apply hypoallergenic tape. You may not get the patches wet for 48 hours, but you may sponge bathe the rest of your body. Do your best not to sweat excessively during the 48 hours. You may also take an anti-histamine during the testing period and apply topical steroids outside of the testing area.

**Day 3** (48 hours post placement): Patches are removed on a Wednesday or a Thursday of the testing week. This will be the first read. Reactions in any of the testing boxes are recorded. You may shower after the removal of the patches, but temporary ink will remain for reading purposes.

**Day 5:** This read will occur over the weekend. Please have someone take a photo of your testing area (usually the back) and send it to us by email at [info@schwarzderm.com](mailto:info@schwarzderm.com). This would be Saturday if your patches were placed on a Monday, or Sunday if your patches were placed on a Tuesday.

**Day 7:** This is the final read of the testing period. We will record any positive reactions, provide you with allergen information sheets, and give you a complete list of allergens tested as well as sending the results to the referring physician.

Please call us with any questions at 215-589-7373. We do require 72 hours notice for any cancellations or a \$75 fee will be assessed. Patch tests require time to load the chambers in advance and prepare for the testing period. We will assess patient responsibility into the cost of the patch tests and let you know what your insurance plan allows. We do have a self pay cost if you don't have insurance or we don't accept your plan. Thank you!