

## PATCH TESTING INSTRUCTIONS

The purpose of patch testing is to assess your skin's reaction to a variety of potential allergens that you may be exposed to at home, work or during recreational activities. Strips of tape will be placed on your back which contain a total of 80 allergens. There are no needles or pricking instruments used in this kind of allergy testing.

Three visits will be required. At the first visit, the patches will be applied and marked with an indelible ink marker. The second visit will be 2 days later; the patches will be removed and the skin will be re-marked with ink. The final read will be at the 3<sup>rd</sup> visit, usually 4-5 days after the first visit. You will be advised of positive allergies. After your visit, an email will be sent to you from [donotreply@proximo.com](mailto:donotreply@proximo.com) with the subject: "Allergen Search Results." You will be able to view your "safe list here."

Patients should expect to spend 60 minutes in the office on the first visit, as the allergen patches must be prepared immediately prior to application. The follow-up visits are typically shorter.

In order for the patch testing results to be valid, there are a few requirements:

1. Medications: Avoid any topical cortisone creams on the back 2 weeks prior to patch testing. Avoid oral cortisone medications (prednisone) 1 week prior to testing. Avoid intramuscular cortisone injections 1 month prior to patch testing. Inform your doctor if you are taking any other medications that might alter the immune system. Benadryl and other antihistamines are ok.
2. Patch sites must remain dry. Therefore, no showers are allowed. The back is not to get wet until the final read at 4-5 days. Sponge baths are ok.
3. Please avoid exercise in the first 48 hours as sweat may loosen the patches.
4. The area can be uncomfortable and itchy; avoid scratching the area with the patches as it may alter the test results.
5. Avoid any friction or rubbing as that can also loosen the patches. Wear a loose T-shirt at night to prevent bedding from loosening or peeling the patches.
6. If you notice such a loosening have someone press the adhesive onto the skin. If necessary, you can also apply additional tape to the edges of the patches.
7. Avoid direct sunlight or other UV exposure on the back for at least one week.
8. Occasionally, some patients may experience a vigorous reaction to some of the substances. This may result in localized discomfort/itching. Please inform your provider if you are concerned.

### Fees:

- Insurance typically covers this procedure. If you have a high unmet deductible and have questions about cost, please contact our billing office at (949) 207-3182 to review your specific plan benefits.
- Self Pay Fee: \$890

If you have any questions, please do not hesitate to call our office.

