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## PATCH TESTING - INITIAL PATIENT INSTRUCTIONS

You are being patch tested to determine if your eczema is caused by an allergic reaction to any specific substances. This will involve several visits to the clinic. On your first visit an examination and evaluation of potential causes will be undertaken so we can identify potential suspect substances.

On your next visit you will have strips of chambers filled with the suspect antigens placed on your back. This may occasionally feel uncomfortable, and you may develop itching under one or more of the chambers. Try to avoid scratching as itching is normally an indication of a positive reaction and scratching might alter the test results. If pain occurs call the clinic. It is recommended that you keep the area dry during this time period while avoiding heavy and physical exercises that could cause excessive perspiration and detachment of the test unit. We also recommend that you wear loose clothing, and a t-shirt in bed as this helps to prevent the patches from peeling or loosening from the skin. (If you notice such a loosening have someone pressure the adhesive onto the skin. If necessary, you can also apply additional tape to the edges of the chamber units.) Abstain from taking cortisone containing medications, and avoid prolonged sun exposure. The chamber units will be removed in 48 hours with the first reading being done 20-30 minutes after removal. Your physician will advise you if additional readings are necessary over the next 5 to 7 days.

Upon completion of this procedure you will be provided with the results, advised of any allergies you may have and how to minimize possible reoccurrence.

### IN CASE OF EMERGENCY:

During regular office hours, please call (858) 278-8835 (Option 3)  
After hours and on weekends, please call the doctor  
or his physician assistant at (619) 318-0952.