

## What is Patch Testing?



Patch testing involves the placement of various common allergens onto the skin, usually held against the skin using a paper tape. The allergens themselves are often contained within a small area usually smaller than a dime.

The test patches are applied to clean skin on the person's back.

The patch test is removed at home after 48 hours (2 days) then you will return to clinic on day 3. (The nurse will go over the exact instructions at your appointment). During this time, the person cannot get their back wet until they can return to the clinic; therefore, only a sponge bath can be taken, and excessive sweating/exercise and swimming should be avoided.

Once the final reading of the test results are completed on day 3 the person can bathe normally.

Your patch testing appointment is solely for this purpose. If you require consultation regarding other concerns please schedule a separate appointment. This procedure is covered by OHIP.

Please remember to wear a loose fitting shirt to this appointment as we need to access your back to apply the patches. Also please remember to avoid putting any lotions on your back the day of the appointment.