

NORTH METRO DERMATOLOGY

T.R.U.E. Test Patch Testing Instructions

Pre-treatment Instructions:

1. You may continue taking daily oral antihistamines (Zyrtec or Claritin) as recommended unless your provider tells you otherwise.
2. Benadryl (one or two 25mg tablets) may be taken at night if needed for relief.
3. Please shower or fully bathe prior to your patch test application appointment because you will not be able to during the patch testing.

General Care:

1. DO NOT take oral steroids (such as Medrol Dosepak or Prednisone) while undergoing patch testing as this can interfere with results.
2. Keep the entire patch area dry during the 48-72 hour testing time. Do not shower or bathe during this time.
3. Avoid activities that may result in perspiration.
4. Wear a shirt while sleeping to help secure the patch edges.
5. After the patches are removed, you may shower or bathe but take care to not scrub testing site for at least 24 hours.

Problems or Concerns:

1. If a patch strip loosens or falls off and is no longer in contact with the skin, remove the strip and note what time you removed it. Do not reapply the strip. If there is any visible reaction, circle with a ballpoint pen. Contact our office for further directions.
2. It is normal to feel some discomfort or itching while wearing the patches. Contact our office if it becomes intolerable.

Follow up Appointments:

1. A return appointment will be needed after wearing the patches for 48-72 hours.
2. The patches will be removed, and you will wait 10-20 minutes for the skin to show reactions.
3. The dermatologist will read the results and determine treatments needed.
4. Contact our office if you develop a rash or other reaction in the patch test sites (reactions can be delayed up to 3 weeks).

Please contact our office if you have any questions or concerns.

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