

## **Care of your Patch tests**

We have produced this leaflet to advise you on what to do after your Patch Tests have been applied.

### **Keep the test patches dry**

The area on your back where the patches are or have been must be kept dry until after your final appointment. Please do not shower. You may take a shallow bath as long as it is not too hot or steamy.

### **Avoid sport**

Exercise that involves a lot of arm movements or excessive perspiration should be avoided. Work should not be a problem.

### **Peeling of patches**

Please ask someone to check your patches are secure and in position. If they start to peel, they should be stuck down again with the tape provided.

### **Clothing**

We advise you to wear older or dark clothing, for example, bra, vest, and shirt or blouse while you are undergoing patch testing. The marker pen we use may stain your clothes and some of the test substances used may leak through the test strip and cause staining.

Wear a vest or T-shirt in bed: this will help stop the patches peeling off in bed.

### **The readings**

The patches applied today will be removed at the Wednesday clinic appointment, sometimes further tests are applied. If you have been asked to take the patches off at home please take photos on a mobile device (mobile phone or tablet) of the back and arms if used, after the patches have been removed. (Please wait 5-10 minutes after taking patches off to take the photos). You may have some discolouration to the skin this is caused by some of the test chemicals used.

## **On your final visit**

When you come for your final visit, the doctor will tell you the results of your tests and you will be given any relevant information sheets. The doctor will also help and advise you about your skin problem and treatment if no allergies are found. The results will be passed on to the doctor who referred you for Patch Testing and, if necessary, you will then be referred back to that doctor for your continuing care. Your GP will also be informed.

Occasionally a positive result is delayed: -

If you have a new reaction during the two weeks after your Patch Tests and you would like further advice please ring the Patch Test Clinic on:- 01633 - 238962.

## **For further advice please telephone:**

01633 238962 or 01633 234963 and speak to one of the patch tests nurses.

**“This document is available in Welsh /  
Mae'r ddogfen hon ar gael yn Gymraeg”.**