

Dr Ravi C. Ratnavel DM (Oxon) FRCP (UK)

For appointments at:
Spire Thames Valley Hospital
Wexham Street, Wexham
Tel: 01753 662241

For appointments at:
Paddocks Hospital
Princes Risborough
Tel: 01844 346951

PATIENT INFORMATION

PATCH TESTING

Patch testing is a simple method of detecting allergies to materials which come in contact with the skin, e.g. jewellery, gloves, shoes, cosmetics, ointments, work related materials and many others.

The patch tests will be applied to the skin on your back (no injections are necessary) and must remain in place for 48 hours. They are then removed and the skin will be inspected in the clinic after a further 48 hours. Please do not wear your best clothes (at least for the first appointment) as the tests are sometimes a little messy.

During the period of tests:

1. Do not sunbathe your back in the week before your tests.
2. Do not shower or wash the back where the patch tests are applied.
3. Avoid excessive exercise which causes heavy perspiration.
4. Avoid friction or rubbing the tests – they may become loose.
5. Avoid scratching: However if itching becomes **UNBEARABLE** then take off the patch test or tests involved.
6. Do not expose the test area to sun or ultraviolet lamp.
7. Should the patch test become loose, apply additionally tape to keep the tests in place.
8. After 48 hours the tests are removed. Before you peel off the tests you must make sure that the marks we put on your skin, showing the position of the tests, can still be seen. If necessary ask your spouse or a friend to mark the skin again using an indelible felt tip marker pen. Check that these marks are still present each morning so that we will be able to see the position of the tests when you return to the clinic after a further 48 hours.
9. If you observe a reaction in the test site within 3 weeks of your visit, please tell us. Telephone the Hospital and arrangements will be made to see you.