Patch Testing

**Day 1:** Patch test will be placed on your back or arms. They are to remain in place for two days. During that time keep the patch test tapes absolutely dry. Avoid unnecessary strenuous excercise which loosens the tapes. If certain areas do become loose, reinforce them with tape at home.

**Day 3:** Approximately 48 hours after the tapes are applied mark again any numbers or outlines of tapes that may have worn off. **Then remove the tapes.** Save the strips of tape to bring to our office. Do not get the tested areas wet. **Do not shower until you have had your office visit the next day.**

**Day 4:** Return to our office at your appointment time for patch test readings. Bring the strips of tape with you; they may be helpful in locating precisely a positive reaction site.

If a single patch becomes **extremely itchy,** it should be removed before the 48 hour period designated above. This is a very unusual occurrence, but it may signify an intensely positive reaction.

For the five days following your patch test reading appointment, observe the sites daily. **If a new test spot becomes red,** try to estimate the location and notify us by phoning our office at (650) 299-2111. These delayed reactions are unusual, but they may be significant.

You can also visit your doctor’s home page for more information on skin care by going to [kp.org/mydoctor](http://kp.org/mydoctor)