GRANGER MEDICAL CLINIC | *Allergy, Asthma & Immunology*

Patient Information for Patch Testing

What is Allergic Contact Dermatitis?

Allergic Contact Dermatitis is an inflammatory reaction that occurs when substances, to which you are allergic to, come into contact with your skin. The reaction, which is a kind of eczema, may take repeated exposure to the substance over a period of time to develop. Substances that commonly cause contact dermatitis can be found in your perfume or aftershave, hair dyes, various ointments and skin creams, household cleaners, metal jewelry, and even the materials in leather shoes and rubber boots. The oils, greases, and coolants used in various industries may also cause the condition.

What is a Patch Test?

The T.R.U.E. Test tests for 36 allergens or allergen mixes that are well known causes of contact dermatitis. The test is developed to determine whether or not you are allergic to any of the substances included on the test panel. The concentration of each allergen has been established, so that it is high enough to evoke a reaction even in weakly sensitized patients, yet low enough to minimize the risk of irritant reactions.

How is the Patch Test administered?

Your skin will be exposed to small amounts of different substances which might be causing your skin condition. These substances are on three (3) pieces of surgical tape (panels) containing 36 allergens or allergen mixes. The dressings will be applied to your back, so the various substances are in contact with your skin. If you are allergic to any of the test substances, it will cause redness of the skin where it is in contact. This reaction will persist for a few days.

Instructions for home care:

Do not get the site wet or readjust the tape/panels. Avoid activities that cause heavy perspiration. At 48 hours, remark the half circle notches – two (2) on each strip, a total of six (6) – with a pen or marker. Then carefully remove the tape/panels, pulling gently from top to bottom. Do not apply creams or lotions to the site and do not scrub with soap. You will return to the clinic 72 hours after the test was applied.

Reading the results:

At the final visit to the clinic, your back will be examined for any reactions that have persisted after the dressings have been removed. The doctor will discuss the results with you and give advice on allergen avoidance or prescribe other treatment.