**Remember:** Ask your nurse if you are unsure about anything about your child’s care.

**Additional instructions**

---

Developed by Karen Keegan, Dermatology Nurse Specialist.

Date issued: 2017

Review Date: 2020

©2017 Our Lady’s Children Hospital, Crumlin, Dublin 12. All rights reserved. No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means without the prior written permission of the copyright holder. Our Lady’s Children Hospital makes no representation, express or implied, with regard to the accuracy of the information contained in this publication and cannot accept any legal responsibility for any errors or omissions that may be made.
Patch testing is a procedure to find out what substances/allergens cause a skin reaction.

When undergoing a patch test you will need to attend the dermatology centre **three times** in one week.

- **Monday p.m.** – Substances or allergens on adhesive tape will be applied to your child’s back. Markings will be made with a felt tipped pen identifying them.

- **Wednesday p.m.** – The allergens are removed and markings made again on the skin. The doctor will then view your child’s back. On this particular day, the procedure may take more time.

- **Friday p.m.** – Your child’s back will be viewed again by the doctor and the results will be explained.

Do not hesitate to contact the department if you have any problems, ring the nurse specialist on 4096100 Bleep 322 or bleep 496 or, if out of office hours, contact your GP.

**General advice:**

- Strong topical steroids to your child’s back or upper arms should be avoided 2 days prior to this procedure. If you feel this is a problem, contact the department. Continue using moisturizers as required to these areas.

- Topical creams/ointments/lotions can be used during patch testing as long as they are not applied to patch testing area.

- The allergens may feel uncomfortable but this procedure does not usually cause any pain.

- At your visit to the dermatology centre on the Monday, you will be given instructions on how to remove a specific allergen in the event that your child experiences pain from that allergen.

- Keep the patch test area dry for the entire week.

- Your child should not take a bath or shower until the testing period is over. You may sponge bath all areas except the patch test site.

- Avoid excessive heat; excessive or strenuous exercise should be avoided as perspiring may loosen the patches.

- If the patches loosen contact the department at the earliest opportunity. Extra tape will be supplied to you to help secure patches.

- Keep the patch test area dry for the entire week.