

# Jason A. Ohayon MD FRCPC

## Consulting Allergy and Clinical Immunology

---

1685 Main St. West Suite 201 Hamilton, ON L8S 1G5 905-777-0088, fax 905-777-0018

### Before you have a patch test done, you should:

1. Shower or bathe prior to your appointment as you will be unable to get the testing site wet for up to 96 hours after application of the patch.
2. Avoid the use of oral or topical steroids on the test area for 2 weeks prior to testing. Also oral steroid therapy (i.e. Prednisone) may interfere with results. Please notify our office if you are currently taking oral steroid therapy.
3. If you are on inhaled steroids (i.e. Flovent puffers), please let us know.
4. Minimize sun exposure on the test area 3 weeks prior to testing.
5. DO NOT apply lotions, creams, or ointments to the test area before the test.
6. Your upper back must be free of body hair; this may require shaving. Please arrange the necessary shaving at home, or if not possible bring a shaver to your appointment.
7. Please notify our office if you have any appointments for imaging (MRI, etc) during your patch test appointments. Patch testing cannot be carried out if you are scheduled for imaging as the patch chambers contain metal.

### During the test period, you should:

- Keep the patch test area dry. Avoid activities that cause perspiration, i.e. organized sports.
- You may NOT take a bath or shower until after the patch is removed; however, you may sponge bathe around the patch test site.
- Wear loose-fitting clothing. Also, wear dark clothing for the removal appointment
- Call Dr. Ohayon's office immediately at 905-777-0088 if the test site is severely burning or itching or if the patch test becomes loose.

\*\*Please note that the testing site where the patch has been applied will be uncomfortable. This discomfort is usually caused by the tape securing the patch\*\*

It is recommended that you have a camera on hand in case of delayed reactions. If photos are taken, please email them to us at [info@hamiltonallergy.ca](mailto:info@hamiltonallergy.ca). Dr. Ohayon may ask that you return to the office to assess the testing site and mark out the area of concern.