

5 Ways to Improve Results from Patch Testing



Dermatologists and allergists use patch testing to find out if something is causing an allergic reaction on your skin. What you do while the patches are on your skin affects your results.

To reduce the risk of getting inaccurate results, board-certified dermatologists recommend you do these five things:



1 Leave your patches in place.



2 Keep the area dry. If the patches get wet, this can skew your results.



3 Return for both your appointments.



4 Protect your patches from the sun. Seek shade. Wear sun-protective clothing that covers your patches.



5 Do NOT apply hydrocortisone to your skin. If you apply anything that contains hydrocortisone while you have the patches on your skin, you can get inaccurate results.

If you have questions about how to care for your skin, talk to a board-certified dermatologist. Learn more at aad.org/public.