

Patient information

Patch Test Aftercare

Dermatology Department

- **Do not** have a bath or shower during the whole week of patch testing. It is very important to keep your back dry so that the patches and skin markings stay on your skin.
- **Does not exercise** or do any stretching/lifting as this could dislodge your patches, and sweating would remove skin markings.
- If your patch dislodges or lifts at the corners, you can tape it back down with Micropore® tape. However, if the patch falls off completely **do not** reapply it to your back.
- **Do not** sunbathe or use sun beds during the week of the patch testing, as this can affect the results of the test.
- **Do** wear a T-shirt or vest in bed to help prevent dislodging the patches.
- **Do** wear old or dark clothing/underwear during the week of the test to prevent staining of clothes.
- **Do not** scratch. It is common to feel itchy during the test. If your doctor has prescribed antihistamines you can take them to help ease any itching.
- Sometimes patch testing can cause a 'flare up' of your eczema. If this happens, you can use your prescribed topical creams/ointments on your eczema, but **do not** apply any creams/ointments to your back.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Further information

If you have any problems or queries, please phone the Broadgreen Hospital Dermatology Clinic on

Tel: 0151 282 6979

Text phone number: 18001 0151 282 6979

Author: Dermatology Department

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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