PATCH TESTING GENERAL INFORMATION

We are located at 13100 E. Colfax Ave. Unit 70, Aurora, CO 80011. We recommend you wear an old T-shirt or top. Parking 2 hour MAX and is in the retail lot and is free. Plan on two hours for both the Monday and Friday visits. Be sure to bring the completed paperwork and products on both Monday and Friday. A map is enclosed for your convenience. Should you have any questions please do not hesitate to contact Teresa Derian, RN at (303) 724-9155.

• Visit 1: Patch Test Placement
• Visit 2: Patch Removal Nurse Visit
• Visit 3: Patch Test Reading and Counseling

We patch test all ages, from infants to adults

• Patch testing helps to determine if you have allergies to things that touch your skin such as ingredients in skin care products.
• These ingredients may be found in your skin care products or in materials from home, hobbies or work.

Preparation for testing:

• Avoid any type of tanning on your back for two weeks prior to testing.
• Do not apply topical steroids to the back for two weeks prior to testing.
• Your back must be clear of rash, lotions, creams and hair to complete the patch testing. Men, if needed, shave you back the day before your patch testing.
• Bring skin care products that you have used in the area of rash over the past three months. It is helpful to bring them in their original containers or bring a copy of the ingredients contained in the product.
• Exercise and shower before you arrive to clinic.
• Notify the physician or nurse of any medications that affect your immune system, such as steroids.

During testing:

• Patches are applied with tape (usually on the back) and these will need to stay in place for 48 hours (2 days).
• Avoid excessive sweating or exercise for 48 hours while the patches are in place.
• If you are lifting and you feel the tape pulling, then stop what you are doing.
• You may have some mild discomfort and itching on your back from the tape or possibly from a positive reaction to a test ingredient.
• Oral anti-histamines and cold-packs may be used to decrease itching during patch testing.
• Patches should be removed and discarded after 48 hours.

Final Reading:

• The doctor will look at your back and determine if you have contact allergies.
• We will provide handouts about allergens and a list of skin products safe for use.
• We will review your skin care product ingredients, so please bring products back.
• Regardless of allergies, we will make recommendations on the best skin care and treatment plan for you.