

## Important

- If you must use medication, even if just applied locally (ointment, creams, drops, etc), please inform your dermatologist.
- If you experience severe reaction after application of the patch test material, remove the patches and report to your dermatologist immediately.
- Should reddening of the skin or any other changes occur at the test site within 3 weeks after the final reading, please report this to your dermatologist immediately.

To help us with this test, please bring along all the substances you have come into contact with for testing. These include:-

- all self-purchased and prescribed medications cosmetics and toiletries
- cleansers used at home and at work
- food substances that you handle
- substances handled at work
- any other substances that may have caused your rash.

## 3 Visits are required

|                              | Date |
|------------------------------|------|
| 1 <sup>st</sup> Consultation |      |
| 1 <sup>st</sup> Reading      |      |
| 2 <sup>nd</sup> Reading      |      |

The patches will be applied to your back for 48hrs. You will need to keep your back dry during this time.

## For 1<sup>st</sup> consult

- Skin care products and medicaments
- Cosmetics or toiletries
- Suspect items from work (Sample) with safet data sheets
- Please bring all ingredient lists if available

## 48 hours after patch test

Date :

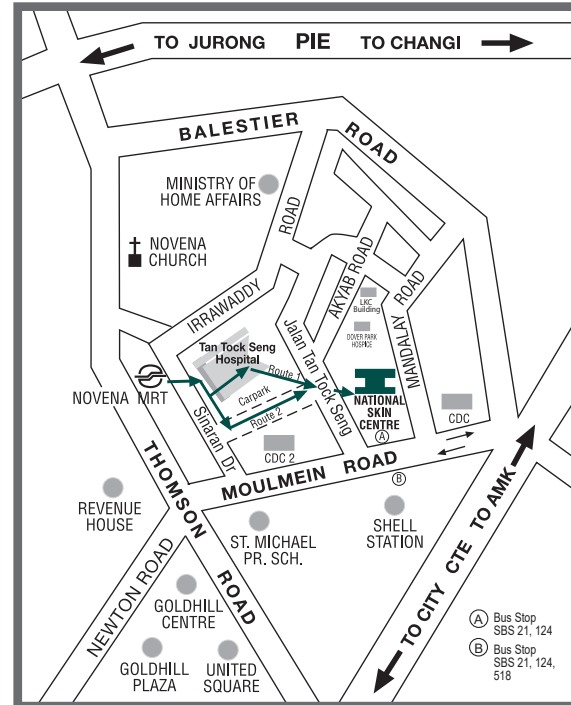
Time :

Remove tapes & throw away. Wash back with water only -- **No Soap.**



Get the HealthHub App  
Access Your Public Health Records  
View and Change Your Appointments

Patients are encouraged to use the HealthHub app (Login using Singpass) to view your prescriptions, test results as well as manage your appointments at NSC.



1 Mandalay Road, Singapore 308205  
Tel: +65 6253 4455

### Clinic Opening hours

Mon - Fri: 8.00am to 11.15am, 1.00pm to 4.15pm  
Last Registration Time: 11am (morning), 4pm (afternoon)  
The clinics are closed on Saturdays, Sundays and Public Holidays.

### Appointment Hotline:

Mondays to Fridays, 8am - 5pm  
Tel: +65 6350 6666

Email appointment: [appointment@nsc.com.sg](mailto:appointment@nsc.com.sg)  
General enquiries: [nscqa@nsc.com.sg](mailto:nscqa@nsc.com.sg)  
Medication enquiries: [pharmacy@nsc.com.sg](mailto:pharmacy@nsc.com.sg)  
Care & Counselling: [msw@nsc.com.sg](mailto:msw@nsc.com.sg)

Website: [www.nsc.com.sg](http://www.nsc.com.sg)  
Facebook: [@nationalskincentre](https://www.facebook.com/nationalskincentre)  
Instagram: [@nationalskincentresg](https://www.instagram.com/nationalskincentresg)

# CONTACT ALLERGY / PATCH TEST PROCEDURE



DEDICATED TO EXCELLENCE IN DERMATOLOGY

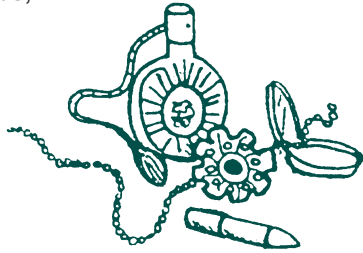
## CONTACT ALLERGY

### What is contact allergy?

Contact allergy is a sensitivity reaction of the skin which some people develop on contact with substances usually harmless to others. These substances, or allergens as they are called, can enter the skin and cause the skin to react in a rash.

### What are the most common contact allergens?

The most common allergens are nickel (in costume jewellery), cosmetics, dyes, perfumes, metals, industrial chemicals, rubber products, medicaments. People can be allergic to almost anything.



### Is there a cure for contact allergy?

In many cases, removing the cause of the allergy, that is, the allergen, can relieve the patient's symptoms. With understanding and knowledge of their problems, most sufferers from allergic conditions can lead normal lives. Contact allergy, once developed is usually life-long. The care of the allergic condition is not, however, solely a medical responsibility. Success depends on early diagnosis and co-operation between the dermatologist and the patient. Medication helps to relieve symptoms.

### How does an allergen cause trouble?

When an allergen comes into contact with the skin, immune cells in the skin react by producing active chemical substances. These chemical substances in the skin produce inflammation resulting in an itchy rash. This sensitivity may not appear suddenly

or immediately, but only after repeated exposure to the offending allergen.

### How is contact allergy confirmed?

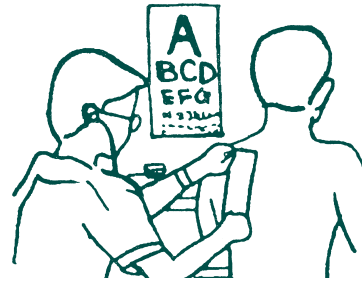
When a patient or a dermatologist suspects an allergy, a case history will be taken which includes information on home and work, living habits and time of year when the symptoms occur. The dermatologist will decide from this what tests are necessary. He will then carry out skin tests which include a patch test and/or prick test to different materials, and the results of these tests together with the case history, will help him decide what treatment is needed.

## PATCH TEST PROCEDURE

### The patch test procedure: For detection of contact allergy

You may be allergic to a substance that you have come into contact with.

A patch test is a procedure that helps us to identify the substance you are allergic to. During the test, pieces of tapes will be plastered onto your back or shoulders.



### Prior to patch testing

Your co-operation is needed to ensure the successful outcome of the test. Please observe the following points:

- Discontinue application of topical steroids 1 week prior to patch testing.
- Please inform your doctor if you are taking oral corticosteroids or immunosuppressive medications as these may affect the patch test results.

Your co-operation is needed to ensure the successful outcome of the test. Please observe the following points:

1. Leave the patches in place as instructed by attending medical staff.
2. In order to prevent false-negative results, you should not wash your back or shoulders. Avoid exposure of the test areas to sunlight or ultraviolet light. You may shower the other parts of your body though.
3. Avoid strenuous exercise that will cause excessive perspiration, as well as movements that may cause the patch test plasters to fall off.
4. If the patch test plasters become loose, please fasten them with an additional adhesive tape in exactly the same place (and inform your doctor). The tapes are to be removed after 2 days.
5. If you should feel some itch, and this sometimes occurs when the test is positive, please do not scratch. You may take antihistamines if the itch is not tolerable.
6. You will need to see a dermatologist at 2 appointed dates for the reading of your test results, that is, usually 3 days and 7 days after the test patches have been plastered.
7. After the patches have been removed, do remember not to wash or sunbathe the tested skin areas until after the final visit.

Should you be allergic to one or more of the substances tested, the corresponding test site(s) will develop redness and itch. This itchy rash usually disappears after a few days.