

UNC Department of Dermatology
Post-Patch Test Instructions

1. After your patch tests are applied, you will need to return in 2-3 days (48-72 hours) to have patch test sites read. The appointments should have been made at the time of your initial appointment was scheduled.
2. The nurse will remove the patch tests at your second visit (48 hours). If your appointment is in 3 days, please remove the patch tests at home after two days (48 hours). Have someone pull the rows of patch tests and tape off your back. Keep the tape and patch tests. Place them in wax paper, plastic wrap, aluminum foil or a paper bag. Bring them with you when you return.
3. Please do not take a bath or get your back wet until after you have completed your patch test visits. Do not get your back wet between the time the patch tests are removed and the time of your final visit.
4. Please do not take part in any strenuous activities that will loosen the tape on your back or cause you to perspire heavily.
5. If tape becomes loose, it may be reinforced with a medical tape from your home.
6. If one or more patches hurts or becomes very itchy (more so than the others), they may be cut out and brought in separately. Ordinarily, this is not necessary. Leave the patches alone if you feel a generalized itch from the tape and cannot pinpoint exactly which patch is causing the discomfort. You may take an antihistamine for the itching, such as Benadryl.
7. If you develop a severe itching, blistering, or tenderness in the area of the patches, please call 919-966-2485.