



## Patch Care Instructions

- Patches will stay on the back for 2 days.
- **DO NOT** get them wet.
- **AVOID** showers or baths until **after** the follow up appointment. Until then, recommend doing sponge baths, but keep the **BACK DRY**.
- **AVOID** activities that will cause lots of sweating.
  - (ex: physical activity, staying out in the sun, sports etc.).
- Itching is normal. Patient's can take allergy medicine (anti-histamines) if it bothers them but is not required.
  - Ex: Zyrtec, Claritin
  - If **older than 2 years of age**, Benadryl is **OK** too

## Patch Test Removal Instructions

Remove Patches **AT HOME** 2 days after your placement visit:

Monday placement → Remove on WEDNESDAY

Tuesday placement → Remove on THURSDAY

### 1. WET

- Get into the shower or bathtub and wet the **ENTIRE BACK**. Can use a wet washcloth to help wet the ends of the tape.
  - Optional TIP: mix 2 cups of baking soda into a large bathtub of warm water or mix a ¼ cup of baking soda into a large mixing bowl of warm water. Use a washcloth and GENTLY wet the ends of the tape.

### 2. REMOVE

- Hold the skin and use quick, short motions to remove ALL the tape. Then remove ALL the patch panels.
  - \*\*It may take 4-5 pulls to remove the patch panel\*\*
  - \*\*DO NOT RUB ANY OF THE MARKER lines on the back\*\*

### 3. DRY

- **PAT** back dry with a towel. DO NOT RUB!!!
  - USE A TOWEL YOU DON'T MIND GETTING STAINED!!

4. **PHOTOS**: Take photos of the BACK and show those images to the provider at your Patch Test follow up appointment.

5. **CLOTHING**: Wear a DARK COLORED SHIRT (black, navy blue) **OR** a shirt you do NOT mind getting stained!!!