



BAY AREA COSMETIC DERMATOLOGY

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POST CARE FOR ALLERGY PATCH TEST [T.R.U.E. TEST]

WHAT IS THE T.R.U.E. TEST?

The thin-layer rapid-use epicutaneous (T.R.U.E. TEST®) is a patch test used to identify specific allergens you may be allergic to, causing allergic contact dermatitis. The test includes 35 allergens and one control.

HOW TO PREPARE FOR YOUR ALLERGY PATCH TEST

- Please stop allergy medications for 48 hours prior to the test.

WHAT TO EXPECT?

- The patches are left in place for a period of two days (48 hours), which allows adequate penetration of the allergens into the skin.
- After two days, you will return to the office for a follow-up appointment for patch reading and evaluation. Please ensure this appointment is confirmed before leaving the office.
- Sensitization to one or more of the allergens may occur.

WHAT TO AVOID

- Avoid removing the skin marks before the patch reading at the second appointment is performed.
- Avoid showering, exercising, and extremes of heat and humidity between the application of the patch test and your second appointment as this could interfere with the accuracy of results.

If your provider has given you instructions deviating from the general recommendations in this document, please follow your provider's personalized instructions.

Questions or concerns? Please securely send a direct message to your provider through BACD's online patient portal: [MyPatientVisit](#) or call the office 415-292-6350.