

Skin Patch Test Education

How to perform your skin patch test

Patch testing is a method of testing a new skin care product or a new skin care ingredient to see if it will work for your unique skin. Patch tests are very important because they help you avoid possible adverse reactions to new ingredients or products. They are especially helpful for people who have allergies or very sensitive skin.

PROCEDURE:

- Be sure the area of skin on which you will be performing the test is washed, dry and clean.
- Apply a small amount of item you are testing on the upper part of your inner arm (at the crook of the elbow).
- Cover it with a bandage.
- Choose a time of day where you can leave the patch test in place for least 24 hours without getting it wet.
- If you are sensitive to any of the ingredients, a reaction such as reddening, burning, itching, or other irritation, should occur within twenty-four hours of application.
- If you feel any irritation or reaction, remove the bandage immediately and wash area with soap and water.
- If you don't see or feel any reaction, the preparation is probably safe to use.

WHAT IS PATCH TESTING LOOKING FOR?

Patch testing is a way of identifying a substance that causes contact dermatitis (inflammation of the skin). There are two types of contact dermatitis: *irritant contact dermatitis* and *allergic contact dermatitis*.

Irritant contact dermatitis: An irritant reaction does not involve the immune system. It is most pronounced immediately after the patch is removed and fades over the next day. Although a substance that causes an irritant reaction may exacerbate skin conditions such as eczema, the reaction will not get worse with repeated exposure to the irritant.

Allergic contact dermatitis: An allergic reaction is due to substance called an allergen and occurs only in those who are allergic to that particular substance. These reactions involve the immune system. Note: since an allergic reaction may take a few days to develop, if you are an allergic type person it is important to

keep an eye on the patch area for a few days after the patch is removed before using the product. A substance that causes an allergic reaction should be avoided completely. The more times the skin is exposed to the substance, the worse the allergic reaction can become.

I am aware of the information contained in this article. I understand and agree to perform a skin patch test upon receiving and using any skincare products for my personal use.

All Hydro-Line products are for external use only. Please read ingredients before use. Possible signs of allergy or skin reaction or sensitivity may occur despite all products being made with natural ingredients Stefanie Juon, ND (Holistic Beauty Doc, LLC) is not responsible nor be liable for any injuries or body reaction both internal or external, if developed.

Client Signature:

Date: ___/___/___

Signature:
