



5530 Wisconsin Ave, Suite 530
Chevy Chase, MD, 20815
Phone: (202)-838-3016
<https://alison ehrlichmd.com>

Alison Ehrlich, M.D., M.H.S.

Allergy Patch Testing Instructions

Prior to Patch Testing:

Please avoid using moisturizers on your back 24 hours prior to patch testing. Some of our patients are extremely sensitive to fragrances so please avoid use of perfumes during the week of testing. If you have significant hair on your back, please shave this area 36 hours prior to testing. Patch testing can be messy, so it is best to wear old clothes that are less likely to show stains (*blue/black is preferred*). If we are testing personal products, bring them to the office the week prior to testing. There can be waiting time associated with each visit, so be prepared to spend 1-2 hours at the office for each patch visit.

Important Information:

The total cost of patch testing including all three visits will range approximately between \$1,700-\$2,200. Please note that the total will be broken up into 3 payments; each payment will be expected at the end of the respective visit. Monday's visit will be the largest sum as it covers patch application.

You can file an insurance claim after all three visits are completed for reimbursement of patch testing with your insurance company. The CPT code for patch testing is 95044 (each allergen uses the same code), and the ICD-10 is L23.9 Contact Dermatitis unspecified, this is the information needed to check with insurance companies regarding reimbursement. Insurance generally covers patch testing, but the total number of allergens varies with insurance plans.

Monday Visit:

Do not remove patches! Keep the patches dry. You may sponge bath but do not get your back wet. Do not take a shower. If the patches become loose, please re-tape the patches. You can also lay down on your back and allow pressure to re-adhere the patches. No physical activity for the entire week- do not go to the gym. You may experience some itching and you can take a Benadryl, Zyrtec, or an Allegra.

Wednesday Visit:

Wear old clothing as the black marker can cause stains. Tape and patches will be removed. An outline of the patches will be drawn with a black Sharpie marker (*please redraw lines as this is important for proper read of results*). Continue to refrain from taking a shower. You may experience some itching and you can take a Benadryl, Zyrtec, or an Allegra.

Friday Visit:

Bring a cell phone fully charged. Plan to be at the office for up to 2 hours. The final read will be done, you will find out your allergen(s), and will be given information pertaining to the specific antigen(s). Please let us know if you are extremely uncomfortable so that we can coordinate a treatment plan to help improve your comfort as quickly as possible. You may shower after this visit.