

# Your first visit



## New patient interview

Your first visit to our clinic includes an extensive evaluation. We'll ask questions about what could be behind your skin rash.

A physician or patch test assistant will ask you about:

- History of your rash
- Your home and work environment
- Hobbies
- Past treatments

Information from this interview will help us determine whether you'll need a skin patch test. It will also help us decide which items to test.

### PHOTO USE

We may take photos of the rash and patch test sites to reference during treatment. We may also use the photos to teach students and physicians about contact dermatitis. **Let us know if you don't want your photos used for teaching.**

## What to bring

1. Your medical records (mail or fax ahead of your first visit)
2. A book or activity to keep busy
3. A hair binder (for long hair only)
4. An old shirt (some of the ink used for testing may rub off on clothing)
5. Any personal items that you even faintly suspect make your dermatitis worse. Bring everything you've used in the last few years. Empty tubes, bottles and boxes are okay. Bring items in their original container, and be sure to tighten the lids on liquids to avoid spills. Our patients typically bring items in large boxes or a rolling suitcase. Please include:

**Soaps** (hand soap, body soap)

**Hair products**  
(shampoo, hair spray, gel, hair dye)

**Moisturizers** (hand, body)

**Antibiotic ointments/creams**

**Anti-itch creams**

**Benadryl/Caladryl** (cream/lotion/gel)

**Hydrocortisone cream**

**Deodorant/antiperspirant**

**Eye drops**

**Make-up**

**Nail products**

6. Workplace items. Bring individually labeled samples. Ask your supervisor for a Material Safety Data Sheet (MSDS) for the items. Some patients also make a short video of their workplace.

**Shaving products**

**Sunscreens**

**Wipes/moist towelettes**

**Home remedies,  
homeopathic treatments**

**Topical prescription or  
over-the-counter products  
used on the rash**

**Shoes and gloves**

NOTE: If you have small children and use products on them, please bring these items in as well.

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## You may need skin patch testing

We use skin patch tests to learn more about your dermatitis and its causes. For more information, see **Patch Testing**.