

KNOTT STREET

DERMATOLOGY

LIVING WITH ALLERGIC CONTACT DERMATITIS – VISIT #3

Now that you know your allergen, the hard work starts. Prior to purchasing a product with which you will come into contact, you will have to read the label to make sure it does not contain the known allergen(s).

To help prevent allergic contact dermatitis (ACD) flare-ups, we recommend getting others involved to help you avoid your allergen. Researching ACD with someone will support you in your understanding and learning to live with product label reading.

Using products from the “safe list” packet will help prevent your ACD from flaring. (List provided on the final day of testing.)

Useful informational websites:

- ◆ www.mypatchlink.com has videos about your allergen and label reading
- ◆ www.acdscamp.org is a database listing products that are safe for you to use
- ◆ www.psico.com/products/products.cfm is the manufacturer’s website for the hypoallergenic products Vanicream and Free & Clear

Flanders Pharmacy is one compounding pharmacy that carries the entire line of Vanicream and Free & Clear products which can be mailed directly to your home.

Flanders Pharmacy • 9124 SE St. Helens Street, Clackamas, OR 97015 • 503-722-4171

The patch test process is now over; **showering is now permitted**. The use of topicals, medications or oils on the back is allowed at this time.

If a delayed reaction such as a new itchy, red, bumpy or “angry spot” on the back appears, please notify the patch testing team at Knott Street Dermatology.

For your future dermatologic care, please schedule an appointment with one of our providers at 503-253-3910.

MAIN OFFICE 301 NE Knott Street, Portland, OR 97212

MILWAUKIE OFFICE 10330 SE 32nd Avenue, Milwaukie, OR 97222

PHONE 503.253.3910 ◆ FAX 503.253.4297 ◆ www.knottstreetdermatology.com