

## Allergy & Asthma Specialists, LTD.

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### Skin Testing

Skin testing is the most effective and accurate method of determining your child's allergies. Unfortunately, the testing involves applying numerous scratches and shots to the skin, which can be painful and frightening. We can prescribe a numbing cream to make the testing less traumatic for your child. EMLA is a topical anesthetic which numbs your child's skin, so the testing will not be **as painful**. When applied correctly, many children do not feel anything.

#### Application instructions:

1. Apply the cream 1 ½ -2 hours prior to the testing appointment.
2. Testing will be applied to **both arms**. Apply a **thick** layer over **all** testing sites. The first part of testing will be performed on the inner part of both forearms (between the elbow and the wrists). The second part of testing will be performed on the outer part of both upper arms (between the top of the shoulder and the elbow). The cream should cover the skin completely.
3. Do **NOT** rub the cream into the skin.
4. Wrap the lower and upper arms with separate pieces of plastic wrap, such as Saran Wrap, and tape in place. If the cream rubs off or dries out prior to the procedure, it may not be effective. When you arrive to the office the nurse will remove the plastic wrap prior to testing.

Often children scream and cry during the procedure. Even if they do not feel anything, they may still be frightened. Our nurses will try to minimize their discomfort and complete the testing as quickly as possible.

If you have any questions, please contact the office at 757-547-7702.

#### Cover the areas as indicated below:

The first part of testing will include up to 57 scratches on the inner part of both forearms (between the elbow and the wrist). On both arms, apply the cream to the area indicated by the arrow.



The second part of testing may include up to 58 injections in the upper part of the arm (between the shoulder and the elbow). On both arms, apply the cream to the area indicated by the arrow.

