



How to patch test

Why patch test?

A patch test is a simple way of checking whether your skin will react to new products. Although the skin products we compound for use are very low reactive, we always recommend your first prescription to be patch tested to minimise the risk of any adverse reactions.

For every new prescription, please perform a 72 hour patch test to a small area of affected skin before widespread application

How do I patch test?

- Select a small (5 cent coin sized) patch of skin to test
- This area of skin needs to be an affected area you will be treating as well as a small patch of nearby unaffected skin
- Make sure the area is clean and free of other products
- Day 1 - Use a small (a finger tip) amount of cream on the test area
- Day 2 - Use a small amount of cream on the same test area
- Day 3 - Use a small amount of cream on the same test area

✓ Normal reactions

- Tingling
- Absence of abnormal reactions

✗ Abnormal reactions

- Burning
- Pain
- Itching
- Stinging
- Irritation
- Redness

What next?

If normal/no reaction - proceed to use for your affected areas per your treatment notes

If any abnormal reactions - immediately wash off. Report this to your Health Coach to determine next steps.



How to use your creams

Given you are likely already using other creams or lotions to support your skin, understanding the order in which to apply your creams, as well as how to apply them can make a difference to your outcomes.

How do I apply the creams?

- Thoroughly wash your hands
- Clean the affected area with your products or anything recommend by your practitioner.
 - You may also need to prepare the skin with Dermaprep (your practitioner will advise)
- Use a cotton bud, or clean hands to apply the cream to the affected area. Apply enough to see a thin layer of the cream over the area.
- No need to rub it in
- If you are using prescription creams, apply the creams we have prescribed ("MFM cream") over the top
- If you are using a prescription ointment (fatty ointment), apply the MFM cream under the ointment
- If you are using skin oils or moisturisers, apply the MFM cream on top of the oil
- If you are applying to multiple areas, use a new cotton bud or clean your hands in between to minimise cross contamination

To be clear

If your prescription cream is oily, clear or a thick ointment, the MFM cream is applied UNDER IT

If your prescription cream is creamy, white, the MFM cream is applied ON TOP OF IT