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**Nickel**

Your patch tests indicate you have a contact allergy to nickel. You should avoid contact with this metal in the future. Contact with the skin for more than a few minutes would be needed for your eczema or dermatitis to reoccur so it is very unlikely that you will need to avoid all the items on the following list. Concentrate on the avoidance of objects with prolonged skin contact.

Nickel is found in:

* **Jewellery** (usually cheap or costume jewellery) such as necklaces, earrings, bracelets, piercings, hair clips and rings. 22-carat gold and platinum are unlikely to cause problems.
* **Metal parts in clothing** such as jean studs, zips, belt buckles and fasteners, handbag and purse clasps. Use accessories made of plastic, or metal covered with plastic.
* **Wrist watches** and **spectacle frames**
* **Dental products** including orthodontic braces and retainers
* **Eye cosmetics** such as some eye shadows and **eyelash curlers**
* **Facial Cosmetics.** Avoid cosmetics which contain the following pigments: CI 77489, 77491, 77492, 77499
* **Other personal products** such as mobile phones, electric razors and cigarette lighters
* **Home environment.** There are many items in everyday use including handles on drawers and cupboards, keys, kitchen utensils, scissors, toasters, vacuum cleaners, knitting needles and sewing equipment, hooks, screws, prams, pushchairs and wheelchairs.
* **Office equipment** including paperclips, staplers, scissors and pens
* **Money.** Silver-coloured coins contain nickel. Euros are especially high in nickel content. Day-to-day handling of coins is unlikely to produce dermatitis but prolonged contact of coins with the skin e.g. if coins are kept in a trouser pocket may cause your eczema or dermatitis to reoccur. Cashiers may experience hand eczema.
* **Joint prostheses and metal fixing plates and screws.** Nickel is found in many prostheses such as for hip and knee replacements however many people with nickel allergy have no problems with a prosthesis containing nickel. Speak to your orthopaedic surgeon about your allergy if surgery is planned
* **Industrial** electroplating, welding, sheet metals, circuit boards, machine lathes and saws

A testing kitcan be purchased to test objects for nickel. This uses the chemical dimethylglyoxime