

## Allergy to Nickel Sulfate

### What am I allergic to?

You have been found to be allergic to **Nickel Sulfate**.

### What must I avoid?

In order to help the healing of your dermatitis (eczema) and prevent its return, you should avoid contact with objects containing shiny metal, including:

- Metal parts in clothing such as press studs, hooks, zips, suspenders
  - These can cause problems even through several layers of clothing. Use accessories made of plastic or metal covered with plastic or paint. It may be possible to cover metal with clear nail varnish in some cases but problems may return when this wears off.
- Jewellery
  - 22-carat gold and platinum will not cause problems. Less pure gold and virtually all 'cheaper' jewellery can cause problems. Care should be taken with necklaces and necklace clasps, earrings, bracelets and rings. German silver and some white golds also contain nickel.
- Other personal objects, which may need to be replaced by metal-free alternatives include:
  - Lipstick cases, Powder compacts, clasps on handbags and purses, cigarette lighters (a good excuse to quit smoking!), safety razors, electric razors, wristwatches, metal parts on spectacles, hair clips/pins, key rings, penknives, pens and pencils.
- In the home/office:
  - Handles on drawers and cupboards, kitchen utensils, toaster, scissors, sewing/knitting needles, pins, telephone dialling disc, metal on the vacuum cleaner, metal on sewing machine, metal on prams, hooks, screws, paper clips, typewriter parts, hole-punchers and staplers.
- Silver coins contain nickel

Those objects which cannot be replaced by other material and cannot be avoided may be painted with a colourless brass lacquer after cleaning with acetone. Stainless steel does not seem to cause problems. Preferably wear thin gloves when handling coins and do not carry loose change in your pocket.

You cannot avoid all nickel but try to avoid any persistent contact, especially in moist or sweaty conditions, such as keys held in hand or change in pockets.