

Department of Plastic and Reconstructive Surgery

Intralesional steroid (triamcinolone) therapy

What is intralesional steroid therapy?

Intralesional corticosteroid therapy is a procedure where a steroid solution is injected into the skin with the aim to improve the appearance and side effects of skin conditions. The steroid we most commonly use is called triamcinolone.

This technique is commonly used in dermatology and plastic surgery, either alone or in combination with other forms of treatment, to treat a number of skin conditions. Often multiple small injections are carried out and you may require more than one session of treatment.

Side effects of the treatment

There are a few side effects which you may experience; these tend to improve with time, your clinician may stop treatment if these cause any concern.

Common side effects

- **Pain:** the procedure is generally well tolerated but injections into certain areas of the body, for example, palms of hands or soles of feet can be more sore.
- **Bleeding:** small amounts of spotting with blood can occur after the injection.

Occasional side effects

- **Atrophy:** shrinkage of the tissue at and around the sites of injection may occur. This results in a white depressed area, or small scar like areas. The face, genitalia and lips are more susceptible to this than other parts of the body.
- **Hyper/hypopigmentation:** changes in pigmentation can occur at and around the sites of injection with either lightening or darkening of skin colour.
- **Telangiectasia:** infrequently tiny dilated blood vessels or small red spots called purpura may become visible at the injection site.

Rare side effects

As the total dose of steroid being injected into the skin is small, the risk of the steroids being absorbed into the blood stream and producing generalised or systemic side effects are extremely small.

If you have any questions, please ask your doctor.

Contact numbers

- 01223 216098 Clinic 7 between 08:00-18:00, Monday-Friday



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینٹ انفارمیشن سے ذیل کے ذریعہ رابطہ کرنے کی درخواست کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশান' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

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