

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 0800-1800 Monday-Friday
- 01223 216092 Clinic 7 answer phone



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Please ask if you require this information in other languages, large print or audio format: 01223 216032 or patient.information@addenbrookes.nhs.uk

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Polish

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Portuguese

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Cantonese

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Bengali

Document History

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