

## Patient information

# Intralesional Corticosteroid Injections

Department Oral Medicine

Liverpool University Dental Hospital

**This leaflet gives more information about intralesional corticosteroid (triamcinolone) injections. It explains the benefits, risks and any alternatives, as well as what you can expect when you come to hospital. If you have any further questions, please speak to a doctor or nurse caring for you.**

### **What is an intralesional injection of corticosteroids?**

They are used to treat persistent orofacial swelling, mainly affecting the lips, and chronic ulceration failing to respond to topical treatments (such as creams or ointments). You may receive treatment every 4-6 weeks, on three occasions for the maximum benefit to be obtained.

### **Why should I have intralesional triamcinolone?**

For patients with orofacial swelling, it can reduce or remove the tissue swelling. In patients with chronic ulceration, it relieves pain and can reduce or remove the ulcer. These injections are safe as very little steroid gets into the body.

### **What are the risks?**

The risks are small but having intralesional triamcinolone injections may cause mild, temporary swelling of the lip, erythema (redness of the skin), thinning of your skin (atrophy), hypopigmentation (patches of pale skin)/hyper-pigmentation (patches of darker skin), local bruising and headache.

This treatment should not cause swelling of the face. This is usually seen when this type of medication is used at high doses for long periods. Please tell your GP or hospital doctor immediately if you get severe pain in your abdomen (tummy), facial swelling or an unexpected rash.

You should not have this treatment if you have ever had an allergic reaction to triamcinolone or if you are suffering from an infection, unless you are being treated for the infection and your doctor feels it is safe to continue this treatment.

## **Is there anything I should discuss with my doctor before receiving triamcinolone injection?**

Please tell the doctor if you are pregnant, breastfeeding or have had any of the following conditions:

- tuberculosis (TB)
- bowel disorders
- an ulcer
- blood clots
- cancer
- thin (brittle) bones
- high blood pressure or heart failure
- mental disorders
- epilepsy
- myasthenia gravis
- glaucoma (increased pressure in your eyes)
- kidney, liver or thyroid problems
- diabetes.

## **Are there any alternatives?**

Topical or systemic (medicine that affects the whole body) corticosteroids or other immunosuppressant therapy may be offered.

## **How can I prepare for intralesional triamcinolone?**

No special precautions have to be taken before your appointment. Please take all medications as normal. Please eat and drink as normal before your appointment.

## **Consent – asking for your consent**

We want to involve you in decisions about your care and treatment. If you decide to go ahead, you will be asked to sign a consent form. This states that you agree to have the treatment and you understand what it involves.

If you would like more information about our consent process, please speak to a member of staff caring for you.

## **What happens during the procedure?**

The procedure will take place with or without topical anaesthetic (a gel application). You will be awake during the procedure.

For lip swelling, a small needle is used to give the triamcinolone to four points of the affected lip.

For ulceration, a small needle is used to give the triamcinolone around the area of ulceration.

The injected area is massaged to distribute triamcinolone evenly throughout the tissues. The whole procedure normally takes about 15 minutes.

### **Will I feel any pain?**

You may feel a little discomfort when the clinician is injecting the area.

### **What happens after the procedure?**

After the procedure, you will be told how to keep the mouth comfortable over the next few days. You may also be given advice on how to reduce any swelling.

### **What do I need to do after I go home?**

You do not need to take any special precautions after the procedure. You can return to work straight away. If you notice severe pain, or swelling develops in the days after the procedure, please contact the Oral Medicine Department to arrange a review.

### **Will I have a follow-up appointment?**

You will be asked to make a follow-up appointment in the Oral Medicine Department to assess your response to the treatment. The timing of this will depend on the condition being treated. This appointment will be made on the day of your procedure.

For further information about the potential risks and side effects, please contact the Oral Medicine Department. The department is open Monday to Friday 9.00 am to 5.00 pm.

### **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

### **Further information**

#### **Oral Medicine Department**

**The department is open Monday to Friday  
9.00 am to 5.00 pm.**

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