



## **Procedure Information Sheet**

### **Introduction**

Steroid injection can be used to treat hypertrophic and keloid scars. For optimal results, it is best to combine steroid injection with other therapies such as silicone gel, laser treatment or surgery. No existing scar treatment can completely eliminate formed scars. The aim of treatment is to speed up maturation and to improve the appearance of the scar.

### **Indications**

Hypertrophic scar, keloid scars and prophylactic treatment after scar removal procedures.

### **Contraindications**

Infection close to the injection site, allergy to triamcinolone, pregnancy. Large doses of steroid injection should be avoided in patients with systemic infection, peptic ulceration, uncontrolled diabetes, heart failure, severe hypertension and clotting disorders.

### **Before the Operation / Procedure**

1. Local anaesthesia may be required.
2. Multiple treatments are usually required for improvement and total clearance may not be possible.
3. Clinical results vary and there is no guarantee to the final outcome of the treatment.
4. Recurrence is possible.
5. Photographs will be taken before and after the procedure.

### **After the Operation / Procedure**

1. Routine skin care products and makeup may be used immediately after the procedure.
2. Treatment interval is usually around 2-6 weeks.

### **Risks and Complications**

1. Pain, bruising and itchiness around the injection sites.
2. Skin atrophy which usually manifests as thinning of skin, telangiectasia and hypopigmentation.

### **Disclaimer**

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

### **References**

1. Y I Lee et al. Combined therapeutic strategies for keloid treatment. Derm Surg 2019.45(6):802-810
2. M H Gold et al. Updated international clinical recommendations on scar management: Part 1 – Evaluating the evidence. Derm Surg 2014.40(8): 817 – 824
3. M H Gold et al. Updated international clinical recommendations on scar management: Part 2 – Evaluating the evidence. Derm Surg 2014.40(8): 825 – 831

**Patient's Label**  
Patient Name: \_\_\_\_\_  
Hospital No: \_\_\_\_\_  
Episode No: \_\_\_\_\_

Patient's Signature: \_\_\_\_\_ Date: \_\_\_\_\_