

Patient information

Kenalog Intramuscular Injection for the Treatment of Skin Conditions

Dermatology Department - Broadgreen Hospital

The name of the medicine you have been prescribed is Triamcinolone acetonide (Kenalog).

Why am I taking Kenalog?

Kenalog is used to treat a large number of inflammatory diseases including eczema and psoriasis.

How does it work?

Kenalog affects the immune system (the body's own defence system), helping reduce inflammation to bring the condition under control.

How should I take it?

The usual dose is 40 – 80 mg injected deeply into the upper outer area of the buttock. A Registered Nurse will administer the injection.

Your doctor will advise you whether it is wise for you to have further injections.

Deep intramuscular injection must be given into the large muscles of the buttock and not into the upper arm or the thigh.

What are the benefits of Kenalog?

Kenalog belongs to a group of medicines called steroids. Their full name is corticosteroids. These corticosteroids occur naturally in the body and help to maintain health and well-being.

Boosting your body with extra corticosteroid (such as Kenalog) is an effective way to treat various illnesses involving inflammation in the body. Kenalog reduces this inflammation, which could otherwise go on making your condition worse.

Are there any side effects?

All medicines have side effects but not everyone will experience them. Kenalog has some important side effects including:

- Serious cases of anaphylactic reactions (i.e. a serious allergic reaction) and anaphylactic shock including death have been reported.

If you notice any of the following, attend your nearest Emergency Department.

Once recovered contact the Dermatology Department and your doctor.

- ❖ Swelling of the face, lips or throat.
- ❖ Breathing difficulties.

If you notice the following symptoms contact your doctor immediately

- ❖ Skin itching, redness or a rash.

Once recovered contact the Dermatology Department and your doctor.

- Changes in blood chemicals which can cause fluid retention, heart failure or irregular heart-beat.
- Weak or fragile bones or muscles, poor healing of broken bones or torn muscles, destruction of the ends of bones (aseptic necrosis of femoral and humeral heads).
- Mood changes, worsening of existing mental disorders, feeling dependent on the medicine, trouble sleeping, headaches, fits or poor control of epilepsy, fainting and dizziness.
- Indigestion, stomach pain, stomach ulcers, bloating, increased appetite and weight gain, inflammation of the pancreas. Tell your doctor immediately if you notice any sticky black stools, get severe abdominal pain or if you vomit blood.
- Eye problems including glaucoma and cataracts.
- Tiredness, tingling and numbness.
- Pain and skin colour changes around the injection site.
- Occasionally, Kenalog given by deep intramuscular injection produces dimpling of the buttock, caused by loss of fat under the skin.
- Uterine bleeding, menstrual irregularity.
- Temporary bruising in patients on anticoagulant or antiplatelet therapy.

Your risk of infection is sometimes increased whilst taking this drug. Contact your doctor or the Department of Dermatology immediately if you develop an infection, severe sore throat, fever, mouth ulcers, and unexplained bruising or have been in contact with chickenpox or shingles.

There is also a small risk of developing an abscess at the site of injection, you should inform your doctor or the Department of Dermatology if you have persistent pain or swelling at the site of the injection.

Can I take other medications with Kenalog?

Always tell your doctor about any medicines you are taking, or have recently taken, including those obtained without a prescription.

This is especially important if you are taking; Aspirin, Ibuprofen or other non-steroidal anti-inflammatory drugs (NSAIDs) as corticosteroids can increase the chance of bleeding from the gut, Warfarin or other medicines to thin the blood, oral contraceptive pill or hormone replacement therapy (HRT), and human growth hormone.

Also inform your doctor if you are taking medicines to treat; high blood pressure or irregular heart beat (e.g. digoxin), myasthenia gravis (a disease which causes weak muscles), epilepsy or other sorts of fits (e.g. phenytoin), tuberculosis (TB), diabetes and thyroid problems.

Are there any alternatives available?

There are other treatments available for your skin and these will be discussed by the doctor at your consultation.

Phototherapy (light treatment) may also be available but only for certain conditions.

What will happen if I decide not to have the treatment?

You would have tried the majority of available creams for your skin condition without much improvement. It is possible that your skin condition may not improve without this or an alternative treatment.

Is there anything else I need to know?

- You should avoid immunisation injections, which involve any live vaccines such as Polio or German measles (rubella).
- If you come into contact with someone who has chickenpox or shingles and you have not had chicken pox, tell your doctor **immediately**.
- Take all medicines as your doctor told you these instructions are on the label container.
- In female patients if you are pregnant, planning to become pregnant, or if you are breast-feeding you should make sure you discuss this with your doctor as soon as possible **before** receiving a Kenalog injection.
- If you are due to have surgery, before surgery and anaesthesia (**even at the dentist**) you should tell the doctor or dentist that you are being treated with Kenalog.

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

Broadgreen Hospital
Dermatology Department
Direct Line Tel: 0151 282 6517
Text phone number: 18001 0151 282 6517

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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