

Procedure Information Sheet – Intralesional Steroid Injections

Hosp No. :	HKID No.:
Case No. :	
Name :	
DOB :	M / F
Adm Date :	
Contact No. :	

1. What is intralesional steroid injections?

- 1.1. Intralesional steroid injections (ILS), is a treatment in which a steroid solution is injected directly into the affected skin area/lesion or below skin surface (Intradermal) under local anesthesia or without anesthesia. Depending on the skin condition being treated, further treatments may be required according to physicians' order.

2. Common Usage

- 2.1. Keloid/ Hypertrophic scar
- 2.2. Alopecia areata
- 2.3. Acne cysts
- 2.4. Discoid lupus erythematosus
- 2.5. Hypertrophic lichen planus
- 2.6. Localized psoriasis
- 2.7. Granulomatous disorders e.g., granuloma annulare, sarcoidosis
- 2.8. Localized inflammatory skin diseases

3. Contraindication

- 3.1. Active skin infection
- 3.2. Allergy to steroid/ anesthetic drug
- 3.3. Currently on antibiotics
- 3.4. Pregnancy/ Breast feeding
- 3.5. Skin tumor
- 3.6. Trauma/ Wound

4. Before the procedure

- 4.1. Alcoholic beverages should be avoided for at least 24 hours.
- 4.2. Consult your doctor if you are taking anti-inflammatory agent, anti-coagulant, aspirin (acetylsalicylic acid) or traditional chinese medication.

5. Risk & Complication

- 5.1. Pain/ Swelling/ Bruising/ Bleeding of injection site
- 5.2. Infection of injection site
- 5.3. Skin inflammation
- 5.4. Atrophy (Thinning of the skin)
- 5.5. Sunken skin
- 5.6. Pigment change (skin may become lighten or darken)
- 5.7. Scarring
- 5.8. Telangiectasia (small blood vessels within the treatment area become more visible than normal)
- 5.9. Neovessels formation
- 5.10. Injury to adjacent structures
- 5.11. Ineffective result or recurrence
- 5.12. Drug-induced allergic reactions

6. After the procedure

- 6.1. The injection site may be red and swollen, with mild pain or bruising. Side effects usually subside after a few hours. Consult a doctor if symptoms persist.



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7. Precaution

- 7.1. Avoid massage or hot therapy to injection site
- 7.2. Avoid drinking alcohol after the steroid injection
- 7.3. Keep Hygiene

8. Remark

- 8.1. This is general information only and the list of complications is not exhaustive. Other unforeseen complications may occasionally occur. In special patient groups, the actual risk may be different. For further information, please contact your doctor.

I acknowledged the above information concerning the operation or procedure. I have also been given the opportunity to ask questions and received adequate explanations concerning the condition and treatment plan.

Patient/ Relative Signature: _____

Patient/ Relative Name: _____

Date: _____

