

Useful contact numbers:

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Burns Occupational Therapist: **01296 315000 / Bleep 712**
Or Email: **Plastic.SurgeryElective@buckshealthcare.nhs.uk**

Out of hours: Plastics On-Call Doctor: **01296 315000/ Bleep 524**

Ward 16B (SMH): **01296 418110**
Ward 12A (WGH): **01494 426401**
Plastic Consultant Secretary: **01296 316639, 315119, 315117**

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How can I help reduce healthcare associated infections?

Infection control is important to the well-being of our patients and for that reason we have infection control procedures in place. Keeping your hands clean is an effective way of preventing the spread of infections. We ask that you, and anyone visiting you, use the hand sanitizer available at the entrance to every ward before coming in to or after leaving the ward. In some situations hands may need to be washed at the sink using soap and water rather than using the hand sanitizer. Staff will let you know if this is the case.

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Corticosteroid injections for scars for adults and children

Patient Information Leaflet

If you require a translation or an alternative format of this leaflet please call PALS on 01296 316042

Safe & compassionate care,

every time

Corticosteroid Injections

This is a simple procedure where a small syringe and needle are used to inject a steroid solution into your scar. This technique is commonly used to treat many types of scar. The steroid we use is called Triamcinolone Acetonide.

Scar

Steroid injections are used for scars which are hard and raised. They can often also be red, painful or itchy. Scars can be referred to as hypertrophic or keloid.

Why have treatment?

The aim is to improve the appearance of the scar and minimise any pain or itching. Your treatment time and response to the treatment can vary, depending on the size and thickness of your scars.

How often?

- Multiple small injections may be carried out to treat the whole scar.
- You may require more than one session of treatment.
- Injections will be at least 2 weeks apart, usually 6 weekly
- The scar will be assessed at each visit to see if further injections are required.

Combination of treatments

Steroid injections can be used alone but are often used with other treatments. If other treatments are felt to be necessary this will be discussed with you on an individual basis.

These treatments may include:

- Pressure therapy
- Silicone
- Surgery

Side Effects

There are few side effects which you may experience. These tend to improve with time. Your clinician may halt treatment if these cause any concern.

Common Side Effects

Pain: The procedure can be sore as the steroid is introduced to the scar and can remain sore for approximately 24-48 hours afterwards.

Paracetamol can be taken to help with the pain if required.

Bleeding: Small amounts of spotting with blood can occur after the injection. Keep the plaster in place until this stops.

Occasional Side Effects

Atrophy: This is shrinkage of the tissue at and around the site of the scar. This results in a depressed area.

Hyper/hypo pigmentation: Changes in the skin colouring (pigment) can occur at and around the site of the scar. This results in either lightening (hypo) or darkening (hyper) of skin colour.

Telangiectasia: Small red spots called purpura may become visible at and around the injection site. This is where tiny blood vessels get larger.

Rare Side Effects

As the total dose of steroid being injected into the scar is small, the risk of the steroid getting into the blood is low. This means it is rare to have generalised side effects or an allergic reaction. If a reaction occurs seek medical help.

Information for Children

For children, consent for the procedure will need to be obtained from their parent or carer. Due to the pain of the procedure children are unlikely to tolerate numerous injections. Therefore we offer this under a short general anaesthetic.