

PRE & POST TREATMENT INSTRUCTIONS

KENALOG INJECTIONS

Kenalog-10 (triamcinolone acetonide) is a corticosteroid medication used to reduce inflammation and suppress abnormal scar tissue activity. It is commonly used to treat keloids, hypertrophic scars, cystic acne lesions, and inflammatory skin conditions. Proper care before and after your injection helps improve results and reduce the risk of side effects.

Pre-Treatment Instructions:

Medical History

- Inform your provider if you have diabetes, immune disorders, bleeding disorders, or are pregnant or breastfeeding.
- Disclose any history of poor wound healing or skin thinning.
- Tell your provider if you have had steroid injections in the same area recently.

Medications and Supplements

- Avoid blood-thinning medications and supplements for 24–48 hours prior to treatment unless prescribed by your physician. This includes aspirin, ibuprofen, naproxen, vitamin E, fish oil, and herbal supplements that increase bleeding risk.
- Continue prescribed medications unless otherwise instructed.

Skin Condition

- Do not treat areas with active infection, open wounds, or severe irritation.
- Avoid sunburn, chemical peels, or exfoliation on the area for at least 3 days prior to treatment.

Hydration & General Health

- Stay well hydrated.
- Eat normally before your appointment to reduce the risk of lightheadedness.



LIFESTYLE & AESTHETIC MEDICINE

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Post-Treatment Instructions:

Immediate Care

- Mild redness, swelling, tenderness, or firmness at the injection site is normal and usually resolves within 24–72 hours.
- You may apply a cold compress for 10 minutes at a time during the first 24 hours to reduce swelling.

Activity

- Avoid strenuous exercise, saunas, hot tubs, and excessive heat exposure for 24 hours.
- Do not massage or manipulate the treated area unless specifically instructed by your provider.

Skin Care

- Keep the area clean and dry for the first 12 hours.
- Avoid makeup, heavy creams, or occlusive products on the treated area for 12–24 hours.
- Use gentle skincare products only for 48 hours.

Sun Protection

- Protect the treated area from sun exposure.
- Use sunscreen (SPF 30 or higher) once the injection site has healed to prevent pigment changes.

Expected Results:

- Improvement may begin within several days but can take up to 2–4 weeks to become noticeable.
- Multiple treatments may be required depending on the condition being treated.
- Results vary based on scar type, lesion size, and individual healing response.



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Possible Side Effects:

Common and usually temporary:

- Redness or swelling at the injection site
- Mild discomfort
- Bruising

Less common but important to monitor:

- Skin thinning (atrophy)
- Lightening of skin color (hypopigmentation)
- Small blood vessel visibility (telangiectasia)
- Indentation or depression at the injection site
- Delayed healing

When to Contact Your Provider:

- Increasing pain, warmth, redness, or swelling after 48 hours
- Signs of infection (fever, pus, spreading redness)
- Severe skin indentation or color change
- Allergic reaction (itching, rash, swelling of lips or face)

The information provided is for educational purposes only. Patients will be given the opportunity to have questions answered during their consultation before the procedure and will be advised of adverse reactions and alternative treatment options. It is the patients responsibility to adhere to pre-prep/post-prep instructions. For more assistance you can call us or visit your nearest Emergency Room for emergency situations.



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