

The Ear, Nose and Throat Clinic & Hearing Center

Kenalog (Triamcinalone) Injection Patient Information

What is a Kenalog injection?

A Kenalog injection is a shot given into the deltoid or gluteal muscle to administer a medication called Kenalog or triamcinalone acetonide. Triamcinalone is in a family of drugs called corticosteroids and reduces the actions of chemicals in the body that cause inflammation or swelling. These injections have been found to be beneficial in many inflammatory conditions, including allergic disorders, arthritis, and chronic sinusitis with or without nasal polyps.

Are there any side effects I should worry about?

As with all medications, Kenalog injections can cause side effects in some people. It is possible that soft tissue changes (a slight dimpling effect) may occur at the site of the injection, or that patients may experience mood changes, prolonged menstrual periods (if applicable), and calcium depletion from bones when using Kenalog over a long period of time. We, therefore, attempt to give these injections no more often than once every six months. This medication is a FDA pregnancy category C, meaning that it is not known whether Kenalog will harm an unborn child. It is advisable to let your doctor know if you are pregnant or plan to become pregnant in the near future. Remember that your doctor has prescribed this medication because he/she has judged that the benefits to you are greater than the risks.

What should you expect and do?

As with all medications, people respond differently in regards to how quickly their symptoms improve. In most cases, patients do notice improvement, some more gradually than others. Our interest is in helping to make you feel better and we would appreciate your phone call about one week after your injection to let us know your progress, sooner if you experience any problems or have questions or concerns.