

# Hay Fever Injection

## Kenalog



Advice is given to ensure the client fully understands what should and should not be done, carried out or will be experienced post treatment to achieve maximum treatment results and to prevent risk of infection.

### **Pre treatment advice:**

Once I have administered the injection anything from here onwards is out of my control, you have signed to say you are eligible for treatment and meet all the criteria.

You have a prescriber look over your consent form and you are eligible for prescription.

### **What is Kenalog-40?**

Kenalog-40 is a steroid that prevents the release of substances in the body that cause inflammation such as hay-fever.

The Kenalog injection is 40mg per 1ml dosage. This is to be administered once every 6 months.

### **The Benefits-**

Effective treatment

One injection should cover whole pollen season

### **This injection is for-**

Someone who is fit and well.

Someone who has tried the oral steroid and wants to move onto injection based steroid.??

This injection is a prescription only, you must meet all criteria before treatment can go ahead.

**Up to a month following a Kenalog Injection, you cannot have any other injections such as: Vitamin B12, Vitamin C, Vitamin B-Complex, Dermal Filler, Botox. etc.**

### **Aftercare advice:**

Safety and side-effects:

Try to avoid tight clothing, especially if your injection has been administered into the gluteus medius, keep the area dry for 5 hours post injection. Try and avoid showering for the next 24 hours to keep the area clean and to avoid infection.

Kenalog Injections are genuinely considered to be very safe. They have no major side-effects. However, in very rare cases, some people can experience side-effects caused by allergic reactions or sensitivity.

The most common side effects from IV Injections are soreness, redness, tenderness or swelling where the injection was given.

There is no upper limit for the intake of vitamins because the risk of toxicity or overdose is extremely low, if we don't need the vitamin out body will just excrete it.

However, injections may have other side effects:

Mild side effects and potential risks, which should be referred to a doctor if they persist or worsen, include:

- pain, redness, or itching at the site of the injection
- mild diarrhea
- swelling sensation in the body

More serious side effects, which require immediate medical attention, include:

- muscle cramps
- irregular heartbeat
- unusual weakness or tiredness
- swelling of the ankles or feet

Severe reactions are very rare but require emergency intervention. These include:

- itching and swelling of the face, throat, or tongue
- breathing difficulties
- severe dizziness
- sudden vision changes
- slurred speech

If you experience any side-effects that persists and you feel you need medical attention please speak with your doctor.

**A month following you MUST NOT HAVE Vitamin B12, Vitamin C, Vitamin B-Complex, Dermal Filler, Botox etc.**

**Please make sure that you fully understand everything, if you are unsure about anything or have any further questions please feel free to contact me by phone or email.**

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