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British College of Aesthetic Medicine

Vet It Before You Get It

Hayfever Steroid Injections

Your safety starts before the first injection.

A "one injection for the whole summer" may sound appealing, but is it worth the risk?

Long-acting steroid injections for hay fever have been widely promoted by some aesthetic clinics as a quick fix for seasonal allergies.

However, their use for hay fever was never licenced in the UK, and Kenalog, the steroid used for this, was effectively discontinued in the UK in 2025. They are not considered a routine or evidence-based treatment for seasonal allergic rhinitis.

If your hay fever symptoms are severe and not responding to standard treatments, your GP should consider referring you to an allergy specialist rather than you resorting to steroid injection that is unlicensed and comes with serious potential risks.

<https://www.allergyuk.org/news/kenalog/>

<https://patient.info/features/allergies-blood-immune/the-pros-and-cons-of-the-hay-fever-injection>

Know the Risks

A steroid injection circulates throughout your entire body.

Potential side effects include:

Suppression of your immune system

Increased risk of infection



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Raised blood sugar levels
Elevated blood pressure
Mood changes, anxiety or depression
Sleep disturbance
Weight gain and fluid retention
Hormonal (adrenal) suppression
Osteoporosis and reduced bone strength
Cataracts and glaucoma
Menstrual irregularities
Skin thinning and tissue loss at the injection site
Delayed wound healing
Muscle weakness

Once injected, the medication cannot be removed from your body if you experience side effects.

Rare but Serious Complications

Although uncommon, serious complications have been reported, including:

Avascular necrosis (bone death), particularly affecting the hip, which may require hip replacement surgery
Severe allergic reactions
Serious infections due to immune suppression
Long-term suppression of your body's natural steroid production

Even a single injection has been associated with significant complications.



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There Are Safer Alternatives

Most people can successfully manage hay fever with:

Intranasal corticosteroid sprays

Modern antihistamines

Eye drops

Combination therapy

Specialist allergy assessment and immunotherapy for persistent or severe symptoms

If your symptoms remain uncontrolled despite optimal treatment, ask your GP for a referral to an allergy specialist. The answer should not be a potentially harmful shortcut when safer, evidence-based options are available.

Vet It Before You Get It

A quick fix isn't always the safest fix.

Your long-term health is more important than short-term symptom relief. Make informed choices and always *Vet It Before You Get It.*