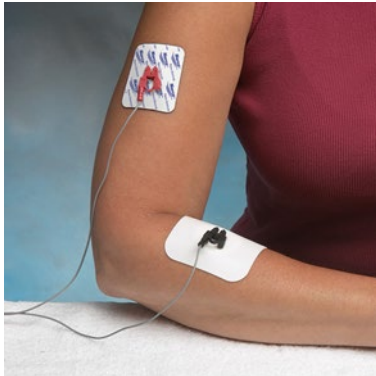


Iontophoresis With Dexamethasone

Iontophoresis is a treatment used to administer a liquid substance to tissue below the skin using electrical stimulation (electrodes). Ions in the substance use the charge of the electrical current to deliver the medication by repelling each other like magnets.



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Dexamethasone is a corticosteroid medication often used with iontophoresis for reducing pain, swelling, and inflammation. When used for iontophoresis, this medication is delivered through the skin's pores to tissue below the electrode. This is done without the side effects of medication moving through the bloodstream. The dosage is reduced and stopped when no longer needed.

What does it feel like?

During iontophoresis, one electrode may feel more intense than the other. Most people say it is “mildly irritating, prickly, or itchy”. Be sure to tell your therapist if you experience more discomfort so the intensity can be turned down.

Who shouldn't get this treatment?

This treatment may be limited for people with these conditions:

- Sulfite or steroid allergies (rare)
- Cancerous tumors
- Fragile skin or open wounds

- Metal plates
- Older pacemakers (could pick up electrical stimulation)
- Infection

Talk to your doctor if you have these conditions:

- Poorly controlled diabetes (generally safe although closer monitoring of glucose levels may be needed)
- Cataracts
- Pregnant or nursing mothers (most doctors feel Iontophoresis with Dexamethasone is ok but there are no research studies). Talk to your doctor.
- Seizures
- Areas where skin sensation is reduced or absent.
- People who have already had steroids delivered to the same area more than 2-3 times in the past year.

What are the risks?

- Redness to the areas under the electrodes after treatment is a normal occurrence. This generally resolves within 24 hours.
- Occasionally, very small water blisters could appear under the electrodes which often disappear within 24 hours.
- Permanent skin pigment changes can occur with any corticosteroid use (fair skin can have a small freckle-like brown spot and darker skin can have light spots).

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