NHS
The Leeds Teaching Hospitals
NHS Trust

Intratympanic steroid injection

Information for patients

Head and Neck

This leaflet provides information about intratympanic steroid injection. It should help you understand the procedure and support you in making an informed decision about your care.

What is an intratympanic steroid injection

An intratympanic steroid injection involves placing steroid medication, by an injection, through the eardrum into the middle ear. The steroid is then absorbed into the inner ear where it may reduce inflammation.

The procedure is performed under local anaesthetic to numb the eardrum. You will be awake during the procedure and will need to be able to lie flat for 15 minutes on a treatment couch.

Why this treatment is used

Inner ear hearing loss can happen when the inner ear becomes inflamed or irritated. In autoimmune inner ear disease this is due to the body's immune system causing inflammation. In sudden hearing loss the exact cause is often not known, but inflammation and reduced blood flow to the inner ear are thought to play a role. In Ménière's disease, it is suspected that an inflammatory trigger provokes Ménière's attacks.

Steroids may help by reducing inflammation. Administering the steroid directly through the eardrum allows it to reach the inner ear at a high enough concentration, without the risks associated with systemic (oral or intravenous) steroids.

What are the benefits of having this procedure?

- Steroid is delivered directly into the middle ear, where it passes into the inner ear
- Injection avoids side effects of oral steroids
- May still work if tablets have not helped

What are the risks of having this procedure?

Complications are uncommon. However possible risks include:

- Temporary dizziness and nausea
- Mild pain during or after the procedure
- Very small risk of a persistent hole in the eardrum
- The treatment may not work

What happens during the procedure?

- You will be sat in a reclined position
- Local anaesthetic is applied to numb the eardrum
- A dose of steroid is injected through the eardrum
- You will be laid flat for 10-15 minutes after the injection
- Try not to sit up and resist the desire to swallow
- You may feel dizzy for up to an hour afterwards.

Please do not drive for several hours following the procedure and consider appropriate transport for your journey home.

Concerns

In case of concerns following the procedure, please contact the ENT outpatient department on: **0113 3922480.**

Useful resources:

Ménière's & Vestibular UK
https://www.meandve.org.uk/

Tinnitus UK
https://tinnitus.org.uk/support-for-you/what-can-i-do/

RNID
https://rnid.org.uk/



What did you think of your care?

Visit: www.leedsth.nhs.uk/patients/support/feedback-complaints/friends-family-test/

Scan or click the QR code - Your views matter

© The Leeds Teaching Hospitals NHS Trust • 1st Edition Version 1
Developed by: ENT Outpatient Department
Produced by: Medical Illustration Services • MID code: 20260915_003/RC

LN006270
Publication date 10/2026
Review date 10/2029