

Supplement 2. Survey intralesional corticosteroid administration in keloids

General questions

1. In which medical specialty were you trained? *One answer possible*

Plastic surgery

Dermatology

I am resident Plastic surgery

I am resident Dermatology

Other, please specify [...]

2. In which country do you (mainly) practice? *One answer possible*

List of (European) countries

3. If answer to question 1 is not 'I am resident Plastic surgery' or 'I am resident Dermatology':

How many years have you been practicing as medical specialist? *One answer possible*

Scale variable

4. In what type of setting do you practice? *More answers possible*

Academic/university hospital

Community hospital

Private practice

Intralesional corticosteroid

Intralesional administration of corticosteroids is used as treatment for keloids very frequently. The following questions focus on the intralesional therapy of corticosteroids in keloids.

5. Which corticosteroid do you use most often for intralesional corticosteroid needle injection? *One answer possible*

Triamcinolon (Kenacort, Kenalog)

Betamethason

I do not treat keloids with intralesional corticosteroids → [end of questionnaire]

Other, please specify [...]

6. How many patients do you typically treat using corticosteroids during one month? *One answer possible*

<3

3-10

10-20

>20

Other, please specify [...]

7. Is local anesthesia part of your intralesional corticosteroid treatment regimen? *More answers possible*

Yes, local anesthesia is mixed and injected *simultaneously* with the intralesional corticosteroid

Yes, local anesthesia is injected *before* treatment with the intralesional corticosteroid

Yes, anesthetic cream is used before treatment with the intralesional corticosteroid

No

8. Which applies to you considering the size of syringe you use? *One answer possible*

I always use the same syringe [directed to subquestion: 0.5cc, 1cc, 2cc, 3cc, 4cc, 5cc, other please specify]

The size of syringe depends on the keloid

I have no preference for a specific syringe

Other, please specify [...]

9. Which needle do you typically use for corticosteroid injections? *One answer possible*

21 Gauge (Deep Green, 0.80 mm)

22 Gauge (Black, 0.70 mm)

23 Gauge (Deep Blue, 0.60 mm)

24 Gauge (Med Purple, 0.55 mm)

25 Gauge (Orange, 0.50 mm)

26 Gauge (Brown, 0.45 mm)

27 Gauge (Medium Grey, 0.40 mm)

28 Gauge (Blue-green, 0.36 mm)

29 Gauge (Red, 0.33 mm)

30 Gauge (Yellow, 0.30 mm)

I am uncertain about which needle I usually use

I do not pay particular attention to the needle I use for corticosteroid injections

Other, please specify [...]

10. Where in the keloid do you inject normally? *More answers possible*

Subepidermal

In the center of the keloid

Below the center of the keloid

Undefined

I do not pay particular attention to the height of the keloid where I inject

Other, please specify [...]

11a. What is the typical effective dose corticosteroid you would inject in a small keloid of 3x2 cm, per session? Please insert **volume (mL) and concentration (mg/mL)**. When diluting 40mg/mL at a ratio of 1:1, choose 20 mg/mL

Volume (mL): [...]

Concentration (mg/mL): [...]

11b. What is the typical effective dose corticosteroid you would inject in a large keloid of >7 cm, per session? Please insert **volume (mL) and concentration (mg/mL)**. When diluting 40mg/mL at a ratio of 1:1, choose 20 mg/mL

Volume (mL): [...]

Concentration (mg/mL): [...]

12a. How many sessions of corticosteroid injections do you typically need for treating a small keloid of 3x2 cm? *One answer possible*

1-3

4-6

7-10

Other, please specify [...]

12b. How many sessions of corticosteroid injections do you typically need for treating a large keloid of >7 cm? *One answer possible*

1-3

4-6

7-10

Other, please specify [...]

13. What is typically the time interval between the corticosteroid injections you apply? *One answer possible*

1 week

2 weeks

3 weeks

4 weeks

5 weeks

6 weeks

8 weeks

More than 8 weeks

I do not pay particular attention to the time interval of corticosteroid injections

Other, please specify [...]

14. Which factors do you consider important concerning corticosteroid injection? *More answers possible*

Observation of blanching directly after injection

Injection into one keloid at several sites, from several directions

Angle of the needle during injection → [direct to subquestion: almost parallel to skin, approximately 45 degree angle against the skin surface, other please specify]

Speed of injection

Distribution

Massage after injection

None of above

Other, please specify [...]

15. What do you do to prevent the complications of subcutaneous tissue loss? *More answers possible*

Type of medication

Dose adjustment (volume and/or concentration) of injection

Level of injection

Total number of treatment sessions

Distribution of medication

Needle size

Syringe size

I do not pay particular attention to preventing complications of subcutaneous tissue loss

Other, please specify [...]