

# Peri-op IV corticosteroids benefit knee, hip arthroplasty

September 14 2017

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(HealthDay)—Intravenous corticosteroids are both safe and effective

when used perioperatively in total knee or hip arthroplasty, with benefits including less pain, vomiting, and nausea, and fewer opioids, according to a review published online Aug. 29 in *PAIN Practice*.

Donghai Li, from West China Hospital in Chengdu, and colleagues conducted a systematic literature review and meta-analysis to assess the pain management effect of perioperative intravenous corticosteroids in patients undergoing total knee or hip arthroplasty.

Based upon 14 randomized controlled trials (1,023 patients), the researchers found that the use of intravenous steroids was associated with reduced [pain](#) at rest and with activity during the first 24 hours after surgery (P 0.05), although the occurrence of [venous thromboembolism](#) was marginally lower in the corticosteroid group.

"Our results showed that intravenous corticosteroids have good efficacy and safety when used perioperatively in total knee or [hip arthroplasty](#)," the authors write.

**More information:** [Abstract](#)  
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Citation: Peri-op IV corticosteroids benefit knee, hip arthroplasty (2017, September 14)  
retrieved 5 May 2024 from  
<https://medicalxpress.com/news/2017-09-peri-op-iv-corticosteroids-benefit-knee.html>

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