INFORMED CONSENT FORM

COVER PAGE

Official Title:
The Role of Dexamethasone in Total Knee Arthroplasty: Effects of Oral and Intravenous Administration on Early Postoperative Pain and Mobilization

Brief Title:
Oral vs Intravenous Dexamethasone in Total Knee Arthroplasty

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TKA

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Study Title: The Role of Dexamethasone in Total Knee Arthroplasty: Effects of Oral and Intravenous Administration on Early Postoperative Pain and Mobilization

Study Site: Istanbul Haseki Training and Research Hospital

Principal Investigator: Assoc. Prof. Mehmet Ersin, MD

Invitation to Participate

You are being invited to participate in this research study because you are scheduled to undergo primary total knee arthroplasty at Istanbul Haseki Training and Research Hospital. Participation in this study is entirely voluntary. Please read the following information carefully and ask any questions you may have before deciding whether to participate.

Purpose of the Study

The purpose of this study is to evaluate whether dexamethasone administered orally or intravenously as part of routine perioperative care reduces postoperative pain, inflammation, nausea-vomiting (PONV), opioid consumption, and improves early mobilization following total knee arthroplasty.

Study Procedures

If you agree to participate, you will receive perioperative treatment according to the standard dexamethasone protocol routinely applied by the surgeon you choose. Pain scores (VAS), mobilization tests (TUG test), nausea-vomiting scores, opioid requirements, and relevant laboratory parameters will be recorded during your hospital stay. No additional experimental procedures will be performed beyond standard clinical practice.

Risks and Possible Side Effects

Dexamethasone is a corticosteroid medication commonly used in perioperative settings. While generally safe in single or short-term doses, possible side effects may include:

- Temporary elevation of blood glucose levels (especially in diabetic patients)
- Gastrointestinal discomfort, dyspepsia, or rarely gastric irritation
- Transient increase in blood pressure
- Mood changes, restlessness, or sleep disturbance
- Fluid retention
- Delayed wound healing (rare in short-term use)
- Increased susceptibility to infection (very rare with single-dose use)
- Allergic reactions (extremely rare)

All patients will be closely monitored during hospitalization. Any unexpected medical condition will be managed according to standard medical practice.

Benefits

You may or may not directly benefit from participation in this study. However, the results may contribute to improving postoperative care for future patients undergoing total knee arthroplasty.

Confidentiality

All collected data will remain confidential. Personal identifying information will not be disclosed in any publication or presentation. Study data will be stored securely and accessed only by authorized research personnel.

Voluntary Participation

Your participation is voluntary. You may withdraw from the study at any time without affecting your medical care or relationship with your physician.

Participant Name: _____

Signature: _____ Date: _____

Principal Investigator Signature: _____ Date: _____