Intravenous (IV) vs. Local Corticosteroids for Complications After Anterior Cervical Discectomy and Fusion (ACDF)

Dysphagia and dysphonia are the most common complications after ACDF

75 patients undergoing ACDF

IV Steroid | Local Steroid | Control
---|---|---
$n = 25$ | $n = 29$ | $n = 21$

Postoperative patient-reported outcome measures (PROM) were evaluated for 1 year

Better PROM observed in the steroid groups with the local steroid group outperforming IV steroids by decreasing severe dysphagia within 2 weeks and other outcomes after ACDF

Administration of IV & local steroids improved postoperative outcomes for dysphagia, dysphonia, and neck pain after ACDF

No wound complications were noted in any of the patients