

Table 1. Preoperative characteristics and intraoperative main findings of participants.

Preoperative characteristics			
Variable	Control	Dexamethasone	p-value
Age (years, mean $\pm$ SD)	64.8 $\pm$ 9.0	63.7 $\pm$ 6.6	0.64
BMI (kg/m ² , mean $\pm$ SD)	25.3 $\pm$ 2.82	27.0 $\pm$ 2.56	0.048*
Sex			
Male (n, mean age)	14 (66.6)	18 (81.8)	NS
Female (n, mean age)	7 (33.4)	4 (18.2)	NS
Comorbidities			
Hypertension (n, %)	15 (71.4)	17 (77.3)	>0.5
Diabetes Mellitus (n, %)	8 (38.1)	8 (36.4)	>0.5
Active smoking (n, %)	11 (52.4)	11 (50)	>0.5
Drug allergies (n, %)	5 (23.8)	0 (0)	0.021*
Intraoperative Findings			
Variable	Control	Dexamethasone	p-value
Inhalational anesthesia used (%)	57	32	0.13
Surgical duration (minutes)	312	312	0.99
CPB time (minutes, mean $\pm$ SD)	107.8 $\pm$ 27.4	96.3 $\pm$ 28.9	0.203
Aortic cross-clamp time (min)	84.3 $\pm$ 23	76.3 $\pm$ 27	0.318
Intraoperative fentanyl (μ g, mean $\pm$ SD)	643 $\pm$ 47	398 $\pm$ 32	0.077
IV dipyrrone use	9.5%	36.4%	0.069
Nitroglycerin use (post-induction)	4.8%	27.3%	0.095
Blood glucose after CPB (mg/dL, mean $\pm$ SD)	154.1 $\pm$ 45.1	199.5 $\pm$ 50.6	0.001*
Blood transfusions (%)	19%	9%	0.41

Table 2. Key Immediate Post-operative Outcomes.

Post-operative Outcomes			
Variable	Control	Dexamethasone	p-value
Mechanical ventilation time (min, mean $\pm$ SD)	848 $\pm$ 236	751 $\pm$ 333	0.041*
Extubation time (hours)	14	12	NS
ICU length of stay (days, mean $\pm$ SD)	3.48 $\pm$ 3.33	3.23 $\pm$ 1.54	0.476
Total hospital stays (days, mean $\pm$ SD)	14.76 $\pm$ 11.62	11.41 $\pm$ 5.47	0.427
Ward stay (days, mean $\pm$ SD)	11.38 $\pm$ 10.6	8.18 $\pm$ 4.64	0.367
24h mediastinal drainage (mL, mean $\pm$ SD)	334 $\pm$ 261	287 $\pm$ 182	0.808
Chest drain duration (hours)	>40	>40	0.687

Table 3. Pain Interference Evaluation

BPI score	Control	Dexamethasone	p-value
Pain Interference Score (Mean $\pm$ SD)	1.26 $\pm$ 2.56	0.47 $\pm$ 0.93	0.023*
Activities			
Work/Household Activity	1.33	0.41	0.012*
Sleep Quality	1.71	1.05	0.006*
Enjoyment of Life	1.05	0.27	0.016*
Walking Ability	1.38	0.50	0.076*
Pain Relief			
Perceived Pain Relief (%)	87.5	95.9	0.291
Perceived Pain Relief at days 60 and 90 (%)	>90	>90	NS