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3rd YEAR

SUBJECT: Principles of Anaesthesia II

SORE THROAT: Sore Throat



DEFINITION :

* post operative sore throat refers to Pain, discomfort (or) irritation of the throat following under general anaesthesia, Particularly when airway devices are used.



CAUSES :

- 1 .Endotracheal Intubation
- 2 .Laryngeal Mask Airway
- 3 .uses of Large sized Tubes (on) multiple intubation attempts can increase the Risk.
- 4 .Cuff Pressure that is too high can impair mucosal perfusion
- 5 .Prolonged duration of surgery and intubation



SYMPTOMS :

- 1 .Throat pain (or) discomfort
- 2 .Hoarseness
- 3 .Cough
- 4 .Difficult Swallowing



PREVENTION :

- 1 .use appropriate tube size.
- 2 .Gentle intubation technique.
- 3 .Monitor and minimize cuff Pressure (≤ 125 cm H₂O)
- 4 .use of well-lubricated tubes.
- 5 .use of alternative airway device te like LMA
- 6 .Administering Prophylactic agents. (eg: corticosterieds).



MANAGEMENT :

1.usually self limiting and resolves within 24-72hrs 2.Symptomatic treatment includes:

- Warm Saline
- Throat sprays
- NSAIDS
- Humidified air (or) steam inhalation



THANK YOU