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Effectiveness of inhaled magnesium sulphate versus inhaled budesonide in reducing post-operative sore throat in smokers after endo-tracheal intubation

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Background: Sore throat is a common distressing complication in the postoperative period. Postoperative cough and hoarseness can also be distressing to patients.

Aim: To compare the effectiveness of pre-operative inhaled magnesium sulphate versus inhaled budesonide for prevention of postoperative sore throat, cough & hoarseness of voice after oral endo-tracheal intubation in smokers.

Methods: This study enrolled 90 ASA I-II adult smoker male patients aged between 20-50 years old, undergoing elective inguinoscrotal surgery under general anaesthesia with orotracheal tube, allocated to one of three groups; group C received saline inhalation, group M received magnesium sulphate inhalation and group B received budesonide inhalation.

Results: In the first 24 h after surgery, the incidence of postoperative sore throat was 66%, 30%, and 20%; cough was 20%, 20%, and 0%; and hoarseness of voice was 10%, 0%, and 0%, for groups C, M and B respectively. The incidence of postoperative sore throat, cough, and hoarseness of voice was significantly lower in the budesonide and magnesium group compared with the control group ($P=0.05$).

Conclusion: Pre-operative budesonide inhalation significantly decreases the incidence of postoperative sore throat, cough and hoarseness of voice, where pre-operative magnesium sulphate inhalation decreases post-operative sore throat only with no effect on cough or hoarseness of voice.

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