

Lidocaine gel for lubricating LMA

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Introduction: Sore throat is one of the most common complications of general anesthesia with a prevalence of about 90% in some reports. This complication could occur by using Laryngeal Mask Airway and in the absence of intubations. This study considers examining the effectiveness of lidocaine gel on the incidence and severity of postoperative sore throat in patients with Laryngeal Mask Airway under general anesthesia.

Methods: Sixty patients were divided randomly in two study group. One ml of 2% lidocaine gel or one ml of water-based gel was used for lubricating back surface of LMA in the intervention and control group respectively. LMA was inserted by one anesthetist nurse in all patients. After 24 hours the patients were questioned about sore throat and itching of throat.

Results: Demographic data's were comparable. Two groups had no differences in respect to study outcomes.

Discussion: using lidocaine gel for lubricating LMA cannot reduce sore throat and itching of throat.

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