

Topical treatments for postoperative sore throat

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Received: 22 June 2014 / Accepted: 24 June 2014 / Published online: 2 August 2014
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To the Editor:

In their recent study comparing the effectiveness of Siccoral[®] spray, Stomatovis[®] gargle, and Strefen[®] lozenges on postoperative sore throat (POST), Aydın et al. [1] used a 4-point scale to grade the severity of POST. However, these authors only reported the incidence of POST in the Results section of their publication and did not include data on the severity of POST, such as the median and range of the POST scale. It is therefore unclear—based on the data presented—whether these three topical treatments can significantly attenuate the severity of POST.

In the Stomatovis group, patients gargled with Stomatovis[®] gargle for at least 60 s before anesthesia induction. The results showed that gargling with Stomatovis[®] did not significantly reduce POST relative to the control treatment, but the authors did not provide the onset time (interval between treatment and intubation procedure) of this treatment group. In addition to the factors proposed by the authors to contribute to their findings, reported in the Results section, we speculate that a short interval between treatment application and intubation procedure may also affect the efficacy of the treatment. In a previous study evaluating the effectiveness of topical treatments for POST, intubation was performed at least 5 min after gargling [2], which allows for an adequate contact time and in turn enables topical medicine to penetrate into the airway mucosa for maximal effect.

Aydın et al. reported that the incidence of POST was similar in all groups at 6 and 24 h post-extubation. Because the effective times of the three topical medicines tested are not provided in their publication, it is difficult to determine whether the results can be attributed to the natural course of POST or to the efficiency of the topical treatments.

Conflict of interest None.

References

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