

# Audit of Post Tonsillectomy Pain Scores After L.A. Injection Use at Pre and Post Incision Day Case Tonsillectomies

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## Introduction

Post Tonsillectomy pain is a very common postoperative symptom with various postoperative analgesics regimes to reduce pain and help in normal recovery.

The application of Local Anaesthetics intra operatively is a common procedure adopted to decrease immediate postoperative pain in day Case Tonsillectomy procedures that can last up to 7 days postoperatively.(1)

The aim of this audit to study the immediate postoperative pain score using Visual analogue score marking system in the first 6 hours postoperatively following the infiltration of local Anaesthetics agents intra-operatively as adopted by the 2 ENT Surgeons at Emersons Green and Devizes NHS treatment Centres and comparing the difference of postoperative pain scores between the 2 techniques of using local anaesthetic agents at pre and post incision Tonsillectomies.

However due to COVID19 health crisis and its effect on clinical services the total Number of surgical procedures dropped significantly in the period from March 2020 till June 2020 however with the return of clinical activities an audit was commenced of the total number of day case tonsillectomies(48) from July 2020 till February 2022

## Materials

A total of 48 adult patients had a day case tonsillectomy procedure in the period from 01/07/20 till 28/02/2022 taking in consideration the impact of COVID 19 crisis on our Clinical practice and the resumption of partial clinical activities from August 2020 with the strict criteria of COVID 19 TEST 72 hours prior to surgery in addition to same period of 72 hours of self isolation after COVID19 Test taken.

This audit was carried out between 2 ENT Surgeons who performed day case tonsillectomies at both Emersons Green/Devizes NHS Treatment Centres with different Consultant Anaesthetics teams accurate recording of General anaesthetic and analgesic agents used during the perioperative /postoperative period.

Each of the ENT Surgeon used different Local anaesthetic Agents with 1 Surgeon (B) injects Local Anaesthetic agents prior to incision of the anterior tonsil pillars of both right and left tonsil while other Surgeon(A) injects local anaesthetic agents post incision Tonsillectomy at Both anterior and posterior tonsillar pillars.

The Aim of this audit is to compare postoperative pain scores using visual analogue pain scores at 3 hours and 6 hours post Tonsillectomy.

Local Anaesthetics are either 2% lignocaine with adrenaline 1:80,000 supplied in 2.2ml cartridge of a total of 44mg lignocaine the usual dose is 4.4mg/kg and maximum of 300 mg while adrenaline concentration is 1: 80,000 is equivalent to 12.5 mcg/1 ml the 2.2 ml cartridge contains 27.5mcg of adrenaline the recommended dose for lignocaine with adrenaline is 7 mg/kg.

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The other Local Anaesthetic agent is Bupivacain 25mg/10ml injected on each tonsil side pre incision the recommended dose is 2 mg/kg and if with adrenaline 2.5mg/kg.

Postoperatively a Visual Analogue Pain score is used for patient to record his pain score at 3 and 6 hours postoperatively prior to discharge in addition each patient was discharged with PO analgesic

tablets mainly Co Codamol 30/500mg.

A table highlighting the data of each tonsillectomy patient with medications used intra and postoperatively including both the general and local anaesthetic agents also the analgesic regime used for each patient to deal with postoperative pain comparing pain scores between pre and post incision tonsillectomy techniques (Figure 1).

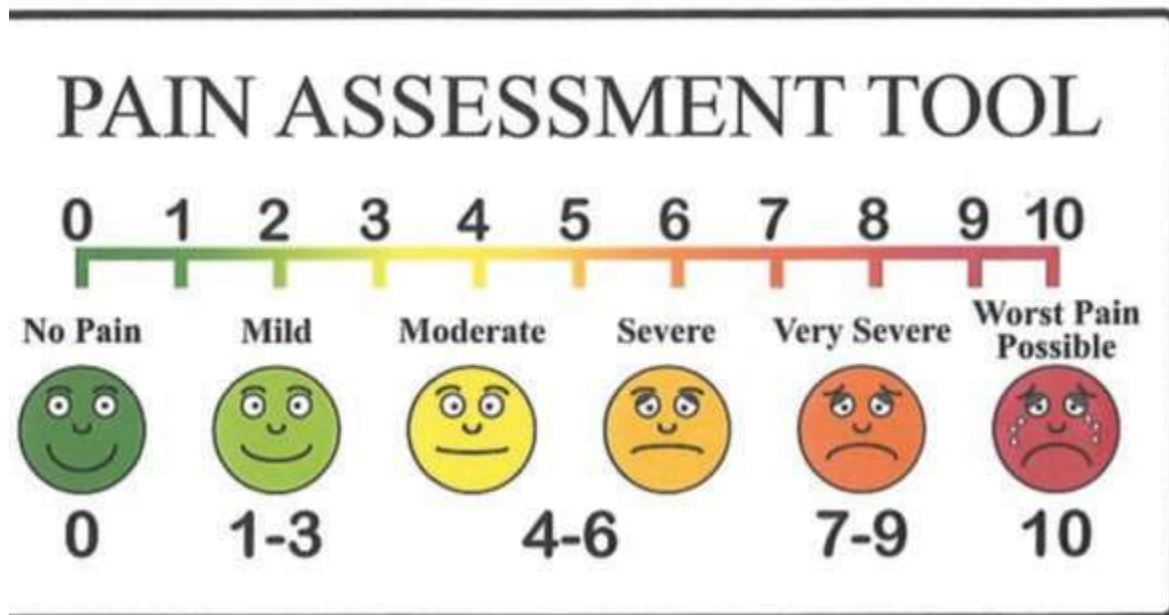


Figure 1

## Conclusion

A Total of 48 adult Tonsillectomy surgical procedures was performed by the 2 ENT surgeons at both Emersons Green and Devizes NHS treatment centres in the period from 01/02/20-20/02/22.

According to recent Oxford Guidelines of adult case Tonsillectomy published at Journal Peri-operative practice(2) this study of adult tonsillectomies was safely performed as a day Case with a 0% of Reactionary Post tonsillectomy Haemorrhage and the average pain score according to a visual analogue score chart was 4/10 three hours postoperatively and 4.1/10 six hours postoperatively with the pre incision tonsillectomy technique while the post incision tonsillectomy technique the average pain score was 4.5/10 at three hours postoperatively and 3.4/10 at 6 hours postoperatively.

This audit concludes that there isn't a big difference in postoperative pain control between pre or post tonsillectomy incisions techniques with the pre incision technique offered better pain scores at early 3 hours postoperatively while the post incision technique offered better pain control before patient's discharge from Hospital.

## References

1. Yap D, Ng M, Moorthy R. 10 year challenge local Anaesthetic for post tonsillectomy; Update meta analysis. Clinical Otolaryng. 2020; 45: 517-528.
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