

Effect of intravenous dexamethasone on prevention of complications of laryngeal mask airway in inguinal region surgery

Abstract

Background: The most common method of anesthesia in inguinal surgery is spinal anesthesia. However, In patients that this type of anesthesia is contraindicated, the Laryngeal Mask Airway is used. Studies on the role of dexamethasone in the prevention of postoperative complications have often been associated with general anesthesia by endotracheal intubation. Also, these studies are not related to inguinal surgery and all of complications have not been studied.

Aim: To determine the effect of dexamethasone to prevent complications in people under general anesthesia with laryngeal mask airway.

Methods and material: This is a double-blind clinical trial study. In this study, a sample of 140 patients who are candidate for inguinal surgery (hernia + unilateral varicocele) and operated under general anesthesia using classical LMA, were selected and divided in 2 groups of 70 people each. The first group underwent general anesthesia with LMA. They received 8 mg / IV / stat dexamethasone after establishing the airway. The second group also underwent general anesthesia with LMA. After establishing the airway, 2 cc of normal saline was injected (IV). After surgery, patients were evaluated immediately after surgery in terms of complications (nausea and vomiting, sore throat, cough and chills) and the results were recorded. Also, 2 and 4 hours after surgery, these cases were asked again and recorded. And finally analyzed.

Results: Intravenous dexamethasone reducesodynophagia, shortness of breath, epigastric pain, nausea and vomiting, cough, sore throat and chills in patients after inguinal surgery. Gender only affects on post-operative sore throat and the rate of sore throat was higher in men (P <0.05). Odynophagia was more common in hernia surgery than varicocelectomy (P <0.05).

Conclusion: Intravenous dexamethasone is effective in preventing complications after inguinal surgery under general anesthesia with LMA.

Keywords: Inguinal region surgery, Dexamethasone, Complications, Laryngeal mask airway