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## Journal of the Medical Association of Thailand, Vol 96, No 8

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### Postoperative Sore Throat: Incidence, Risk Factors, and Outcome

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#### Abstract

**Background:** Postoperative sore throat (POST) has been one of the most common complaints after anesthesia. In Siriraj Hospital, a high volume of general anesthesia is performed annually, but there was limited data regarding this complaint.

**Objective:** To describe the incidence of POST and to determine risk factors associated with the occurrence of POST.

**Material and Method:** Three hundred eighty seven patients were prospectively studied. Demographic data, airway management, and intra-operative data were recorded. Sore throat occurrence and its intensity at postoperative 24 hours as well as patient satisfaction were assessed.

**Results:** The overall incidence of POST was 35.7% (95% confidence interval [CI] 30.9-40.7%) with the mean intensity of 29.8±21.2. Operation of the neck was found to be an independent risk factor of 24-hour POST (odds ratio [OR] 3.43, 95% confidence interval [CI] 1.88-6.25,  $p < 0.001$ ), whereas in gynecological surgery the occurrence was significantly attenuated (OR 0.49, 95% CI 0.26-0.95,  $p = 0.035$ ).

**Conclusion:** POST was common after general anesthesia. Careful airway management might be the key to prevent this occurrence and to improve the quality of anesthetic care.

**Keywords:** Anesthesia, Postoperative sore throat, Risk factors, Satisfaction

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