

Role of Honey in Post tonsillectomy Pain: A Randomized Double Blind Study

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ABSTRACT

Tonsillectomy is one of the most commonly performed surgical procedures among pediatric age group. Administration of honey in post-operative cases of tonsillectomy can reduce the need of painkillers by significantly relieving of pain in children. A randomized double blind control study design conducted among 110 patients, randomly divided in two equal groups, with the aim to evaluate the effect of using honey on post tonsillectomy pain along with paracetamol among children. First group was given paracetamol and honey, whereas second group was treated with paracetamol and placebo. Standardized general anesthesia, post surgery analgesics and antibiotics were administered to all the patients. Data were gathered by using visual analogue scale (VAS) and entered in SPSS then analyzed. A significant difference between paracetamol plus honey and paracetamol plus placebo for both visual analogue scale (VAS). Number of painkillers taken with in 5 days post-operatively were significantly different ($p < 0.01$). The results also reveal that the consumption of paracetamol who received honey was lower than control group. After tonsillectomy, oral administration of honey has effective role in pain management and can reduce the dose of painkillers post-operative surgery among children.