Effect of Corticosteroids in Routine Treatment of PeriTonsillar Abscess

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Abstract: There are controversies regarding treatment of peritonsillar abscess as a common infection of head and neck, especially for prescription of corticosteroids. According to review of articles, use of corticosteroids in management of this abscess is increasing, but more controlled and comparative studies are needed. In this clinical trial study, we evaluated corticosteroid as an adjuvant therapy for peritonsillar abscess. This clinical trial study was done on 50 hospitalized patients divided into 2 groups; steroid and placebo. Antibiotic therapy and method of abscess drainage was the same in both groups. A special questionnaire included characteristics, symptoms, clinical course and complications of patients. Data was filled and analyzed by SPSS software using chi square, repeated measurement and t tests. Normalization of body temperature within 12 hours after treatment and mean time of painless swallowing was 100% and 9 hours in the steroid group as compared to 84% and 15 hours in placebo group (p value=0.04). Trismus recovery was faster in steroid group. Hospitalization period was 3 and 4 days in steroid and placebo groups, respectively (P value=0.05). Fewer complications were reported in steroid receiving patients. There was one case of relapse in the steroid group and 5 cases in the placebo group (P value=0.09). Conclusion: According to our findings, it seems that corticosteroid adjuvant therapy of peritonsillar abscess is effective and doesn’t lead to any important complication.

Keyword: Peritonsillar Abscess, Steroid, Dexamethasone