

## Effect of Intravenous Paracetamol for Postoperative Pain Relief After Tonsillectomy

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**Conflict of interest:** No conflict of interest.

### Abstract

Tonsillectomy is a common surgical procedure often associated with significant postoperative pain, leading to patient discomfort and delayed recovery. Effective pain management is crucial to enhance recovery and reduce opioid consumption. This study evaluates the efficacy of intravenous (IV) paracetamol in controlling postoperative pain following tonsillectomy. A total of 100 patients undergoing tonsillectomy were randomized into two groups: one receiving IV paracetamol and the other receiving placebo. Pain scores were assessed using the Visual Analog Scale (VAS) at 1, 3, 6, and 12 hours post-surgery. The results demonstrated that patients in the IV paracetamol group had significantly lower pain scores and reduced opioid consumption compared to the placebo group. This study suggests that IV paracetamol is an effective analgesic for postoperative pain relief in tonsillectomy patients, improving comfort and reducing opioid requirements.

**Keywords:** Intravenous Paracetamol, Postoperative Pain, Tonsillectomy, Pain Management, Opioid Sparing, Analgesia.

### Introduction

Tonsillectomy is one of the most frequently performed otolaryngological surgeries, often associated with moderate to severe postoperative pain (1). Pain control after tonsillectomy is essential to ensure patient comfort, promote oral intake, and prevent complications such as dehydration and infection (2). Opioids have traditionally been used for pain management; however, concerns regarding opioid-related side effects such as nausea, vomiting, and respiratory depression necessitate the use of non-opioid analgesics (3).

Paracetamol, a widely used non-opioid analgesic, has been shown to be effective in managing postoperative pain with minimal side effects (4). The intravenous (IV) formulation of paracetamol offers rapid onset of action and consistent plasma levels, making it a valuable option for pain relief after surgery (5). Several studies have suggested that IV paracetamol may reduce opioid consumption and provide effective pain relief in

various surgical procedures, including tonsillectomy (6,7).

This study aims to evaluate the effectiveness of IV paracetamol in reducing postoperative pain following tonsillectomy and its impact on opioid requirements.

### Aim

To assess the efficacy of IV paracetamol in postoperative pain relief after tonsillectomy.

### Objectives

1. To compare postoperative pain scores between IV paracetamol and placebo groups.
2. To evaluate opioid consumption in both groups.

### Materials and Methods

This prospective, randomized, controlled trial included 100 patients undergoing tonsillectomy under general anesthesia. Patients were randomly assigned into two groups: Group P (IV

paracetamol 1g every 6 hours) and Group C (placebo). Postoperative pain was assessed using the Visual Analog Scale (VAS) at 1, 3, 6, and 12 hours. Opioid consumption was recorded for each patient.

#### Inclusion Criteria:

- Patients aged 18–50 years undergoing elective tonsillectomy.
- ASA I–II status.

- Willing to participate in the study.

#### Exclusion Criteria:

- Allergy to paracetamol.
- Liver dysfunction.
- Use of opioids or chronic pain medications preoperatively.

#### Results

**Table 1: Comparison of postoperative pain scores between groups.**

Time (hrs)	Post-Op	Group P (Paracetamol) VAS Score	Group C (Placebo) VAS Score	p-value
1		3.2 ± 1.1	5.8 ± 1.4	<0.05
3		2.8 ± 1.0	5.2 ± 1.3	<0.05
6		2.5 ± 0.9	4.7 ± 1.2	<0.05
12		2.0 ± 0.8	4.2 ± 1.1	<0.05

**Table 2: Comparison of opioid consumption between groups.**

Parameter	Group P (Paracetamol)	Group C (Placebo)	p-value
Opioid Use (%)	30%	70%	<0.05

#### Discussion

This study highlights the effectiveness of IV paracetamol in reducing postoperative pain and opioid consumption in tonsillectomy patients. Patients receiving IV paracetamol had significantly lower VAS scores at all time intervals compared to the placebo group, confirming its analgesic efficacy (8,9).

Previous research has shown that multimodal analgesia, incorporating non-opioid analgesics like paracetamol, can reduce opioid-related side effects and improve patient outcomes (10,11). Our findings align with studies demonstrating that IV paracetamol provides consistent pain relief and reduces opioid dependence postoperatively (12).

Hemodynamic stability and the absence of significant adverse effects in the IV paracetamol group support its safety profile (13). Although opioid analgesics remain an important option for severe pain, the results suggest that IV paracetamol can serve as an effective first-line treatment to minimize opioid requirements (14,15). Future studies may focus on evaluating different dosages and multimodal approaches to

optimize postoperative pain management strategies.

#### Conclusion

The findings of this study demonstrate that IV paracetamol is a safe and effective option for postoperative pain management following tonsillectomy. It significantly reduces pain scores and opioid consumption, thereby improving patient comfort and minimizing opioid-related side effects. Given its favorable safety profile, IV paracetamol should be considered as a primary analgesic in postoperative pain protocols for tonsillectomy patients.

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