

Throat pathologies

Disclaimer:
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References:
1. Mr Steve Frampton consultant ENT Best Practice Oct 2020

- Very different to gastroesophageal reflux.

**Laryngopharyngeal reflux (LPR)/
Silent reflux**

Symptoms

Intermittent and non-progressive:
- Discomfort in throat.
- Sore throat.
- Throat clearing/cough.
- Lump in throat.
- Mild hoarseness.
- Worse early morning.
- Usually deny reflux.

Management

- 15ml gaviscon advance (higher concentration of alginate) post meals and before bed for 3/12.
AND
- Omeprazole 20mg BD for 3/12.
- Most pt's improve after a few weeks, but some take months compared to GORD which settles quicker.

Peritonsillar abscess

Symptoms

Must have one of following:
- Trismus (restricted mouth opening due to inflammation of muscles).
OR
- Uvula deviation away from midline.

Management

- Refer to ENT STAT.

Post tonsilectomy lymphoid aggregates

Symptoms

- Case study =
- Pt with tongue piercing and recurrent 'throat infections'.
- had some glandular tissue at back of throat where the tonsils used to be.

Management

- ENT consultant said =
- A tongue piercing can increase the risk of infection in the throat so I would recommend removing it and do not replace it.
- The back wall of your throat has some lymphoid aggregates i.e. areas of mini tonsil tissue.
- It seems to me that this other lymphoid tissue has probably taken over the role of the tonsils which previously have been removed and it could well be your tongue piercing which is causing ongoing infection.
- Use salt water rinses.
- CT scan of neck to investigate further,

Adenotonsillar hypertrophy (child)

Symptoms

- Case study =
- Noisy sleeper.
- Very brief apnoeic episodes.
- Hyponasality.
- Dribbling with some words.
- Consonant simplification i.e. fish = fis.

Management

- ENT consultant said =
- Adenoids grow faster in children until 6y old.
- Only 3% adults have significant adenoids left so his ↑ post nasal congestion will likely not persist indefinitely.
- Limited evidence fluticasone nasal spray 1p ON both nostrils for 2/12, may ↓ adenoid size. Will not help tonsils.

- My feeling, particularly coming out of winter months, is that adenotonsillar surgery should be deferred for now and if any prolongation of the apnoeic episodes return to discuss surgery.