A Simple Method of Anesthetizing the Nasopharynx
Prior to Awake Nasal Intubation

JERRY A. SHOUKAS, M.D., THEODORE R. STONE, JR., M.D.,
KARL F. URBAICH, M.D.

A simple method of anesthetizing the nasopharynx and larynx prior to awake nasal intubation is described.

A 20-ml syringe is fitted with a Toomey urological adapter and an 18-cm length of the tip end of a suction catheter (fig. 1). The syringe is filled with 5–15 ml of viscous 2 per cent lidocaine (xylocaine® viscous) and the catheter is inserted into the nasal orifice. The lidocaine is forced into the nasal passage and slowly advanced into the pharynx and to the larynx. During this procedure, successive applications of the local anesthetic are made until the entire nasopharyngeal area and larynx are anesthetized. This results in profound anesthesia with minimum discomfort and allows accurate measurement of the amount of lidocaine used. Experience in approximately 100 cases has shown excellent patient acceptance.