Introduction

Ludwig's angina is a form of cellulitis or connective tissue disorder that affects the submandibular, sublingual and submental spaces i.e. the area under the tongue and the neck. It is an emergency condition which is characterized by sudden onset and rapid progress. If left untreated, it can obstruct the airway and can cause death from breathlessness.

Causes

**Common causative organisms (75% - 90%) of all the cases:**
- Streptococcus viridans
- Staphylococcus aureus
- Prevotella melaninogenicus
- Fusobacterium spp

**Other causes of Ludwig's angina include:**
- Dental injury or trauma
- Peritonsillar/parapharyngeal abscesses
- Mandibular fractures

Predisposing factors

- Poor oral hygiene & dental caries
- Recent dental treatment or tooth extraction
- Underlying systemic conditions such as diabetes, alcoholism, poor immunity, etc.

Clinical features

- Pain or tenderness in the floor of your mouth, which is underneath your tongue
- Difficulty swallowing
- Drooling
- Problems with speech
- Neck pain
- Swelling of the neck
- Redness on the neck

Complications:

- Airway obstruction
- Aspiration pneumonia
- Septic shock
- Generalized infection/sepsis
- Asphyxia

Treatment

- Clearing the airway; it is to prevent breathlessness and further complications done by a procedure called tracheotomy
- Drainage of excess fluids; to control edema and excessive swelling
- Antibiotic medication; to control spreading and fight the bacterial growth and proliferation (penicillin, metronidazole, clindamycin)

Conclusion

Airway management in patients with Ludwig's angina remains challenging. The choice of the safest technique should be based on clinical signs, technical conditions available, and the urgent need to preserve the patient's life.

References: