

Treatment of Otitis Externa

Asanda Makunga *FCORL(SA) MMed (L et O)*



- An acute inflammatory disease of the external auditory canal
- Infective in origin
- Will affect about 10% of the population
- Local Risk factors
 - Warm, humid climates
 - Swimming
 - Change in ear canal pH (Wax Impaction)
 - Trauma to the ear
 - Hearing aid moulds, foreign bodies, stenosis

Treatment of Otitis Externa

- Systemic Risk Factors
 - Underlying Skin disorders
 - Eczema, psoriasis
 - Diabetes Mellitus
 - NB: Malignant Otitis Externa
 - Immunosuppression
- Aetiology
 - Pseudomonas aeruginosa
 - Staphylococcus aureus

Treatment of Otitis Externa

- Presentation
 - Pain is main symptom
 - Otsopic Examination
 - Inflammed ear canal
 - Purulent otorrhoea
 - There may be spreading cellulitis



Treatment of Otitis Externa

- Management
 - Aural toilet
 - Pus swab
 - Ear wick
 - Antibiotics
 - Topical antibiotic-steroid combination (flouroquinolones)
 - Oral antibiotics (if there is poor response)
 - Manage underlying risk factors

