OTOMYCOSIS

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Introduction:

- **Case Scenario:**
  - 30 years old, male patient, living in Rawalpindi.
  - He complains of itching and pain in the Rt. ear.
  - There is whitish aural debris with black spots in his ear.
  - He uses antibiotics ear drops for a long time.

What is provisional diagnosis for this patient?
Otitis Externa

Types

Infective

Allergic (Eczematous)

Seborrhoeic

Otitis externa malignans

Localized

Diffuse

Bacterial

Viral (Ramsay Hunt Syndrome)

Fungal (Otomycosis)
Otomycosis:

- **Definition:**
  - **Otomycosis** is fungal infection of the skin lining of the external canal.
  - The infection may be either subacute or acute.
  - It is more common in the tropical countries.
**AETIOLOGY:**

- **Causative organisms:**
  1) *Aspergillus niger*
  2) *Candida albicans*
Predisposing Factors:

1) **Humidity**
   - The ear canal can be easily infected because it is dark and warm, so bacteria or fungus may grow there, because of high humidity and moisture.
   - This occurs more in residents of very hot, humid environments.
   - This occurs more in those who wear head cover in some part of the world.

2) **Immunocompromised patient**

3) **Prolonged use of local antibiotics ear drops**
4) **Swimmers ear**:  
- Otomycosis most often occurs when too much water gets in the ear canal such as after swimming or showering in chlorinated water.  
- It is also called **Swimmers ear**.  
- It is easier for germs and fungus to grow when water removes the protective ear wax.

5) **The cleaning:**  
Too much cleaning your ears can have the same effect.
Symptoms:

1) Itching: (main symptom)
   intolerable urge to clean the ear, often cause further trauma to the ear canal.

2) Pain, discomfort, feeling the ear blocked, and mild discharge are also noted.

3) Hearing loss:
   when the fungus mass occludes the external canal.
Signs:

- In Speculum examination:

The lumen of the external canal is

- Erythema

- Mild edema

- Contain white, gray or black fungal debris.
Otomycosis: Signs

- Canal erythema
- Mild edema
- White, gray or black fungal debris
Otomycosis: Aspergillus niger
Cont.

Otomycosis: Aspergillus niger
Cont.

Otomycosis: Candida albicans
Cont.

- **Treatment:**
  - Thorough **cleaning** and **drying** of canal by:
    - Suction
    - OR
    - Ear wash.
  
  - Topical anti-fungals: **Clotrimazole** and **Nystatin** ear drops have been shown to be effective in many cases.
How to prevent Fungus in the ear?
1) **Natural Defenses**:
- It’s important to keep the ear canal’s natural defenses against infection working well.
- So, we should leave some amount of ear wax in the canal, this has an antifungal property.

2) **Drying**:
- After swimming or showering, use a towel to dry your ears well.
- Turn your head to each side and pull the earlobe in different directions to help water run out.
3) After swimming in common pool, put few drops of acetic acid ear drops or any other antifungal ear drops.

4) Use ear plugs, when swimming.