A Panel on Management of Middle Ear Effusions

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Middle Ear Effusion Panel Discussion
**Middle ear effusion**

**Definition:**
- It is the presence of fluid in the middle ear cavity without symptoms or signs of acute ear infection.
- It is also called serous or secretory otitis media (SOM).
Middle ear effusion

Etiology:

- MEE results from poor function of the Eustachian tube which may be due to:
  - Immature Eustachian tube (common in young children).
  - Enlarged adenoids which act as a reservoir for pathogens.
  - A cold or allergy, which can lead to swelling and congestion of the lining of the nose, throat, and Eustachian tube.
  - Allergy.
  - Barotrauma.
  - Cleft palate: Dysfunction of the tensor veli palatini muscle and ET dysfunction.
Case 1

- Child 2½ years
- Recurrent AOM
- C/O HL

Diagnosis
• When U Offer Myringotomy (with or without tube) in Middle Ear Effusion?

Medical treatment

• How long would you consider Medical treatment before you resort to surgery?
Would any of these factors influence your decision of surgery timing?

- Season/Time of the year.
- Duration of hearing loss, before treatment is started.
- DLD.
- School learning difficulty
- Severe HL/SNHL.
- Atrophic TM.
- Swimming

Medical Treatment

- Your Choice of Medications?
  - Mucolytics
  - Corticosteroids
    - Systemic
    - Nasal
  - Decongestants
    - Systemic
    - Nasal drops
  - Antihistamines
  - Antibiotics
Medical Treatment

• Valsalva
• Politzerization

Medical Treatment

• ET catheterization
Surgical Treatment

• Myringotomy / Grommets

Grommet
• **How I Do It?**

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**Myringotomy**

**Definition:** Incision of TM

• Counter incision?

• Site and shape
• Any indication for Myringotomy alone (without Grommets)
• Would you consider trying Adenoidectomy first.
Case 2

- Child 4 ½ years
- Full-course Medical treatment results in the following:

Management?
- RT Grommet
- Rt Grommet + LT Myringotomy
- Bilateral Grommets

Only Hearing Ear
Case 3

- Child 8 years
- After a full-course of Medical treatment the following was found:

  - **Audiogram:** Rt Profound SNHL LT Mild CHL
  - **Tympanogram:** Bilateral Type B

  - **How Dare Are You?**

  - **Management?**

Case 4

- Child 5 years
- Previous history of 2 sessions of B tube surgery
- Presented with recurrent Bilateral effusions

  - **Management?**
  - o Any trial of medical treatment?
  - o Type of PE tube
• Indications Of T tube insertion ?
• Mayar 10 years old with persistent bil MEE.
• History of cleft palate repair 9 years ago.
• Three times myringotomy tubes last one 3 years ago (T tube)
• Mayar is using bil hearing aid
Case 5

• Male patient aged 53 years
• Presented with Lt SOM
• No recent history of URTI

Management?
  o Investigations?
  o Type of PE tube

Problems Related to Myringotomy Tubes

• Swimming,
• Rec. otorrhoea.
• Blocked tube.
• Rec. effusion.
• Res. perforation.
Post operative Management

• Water exposure

Post operative Management

• Blocked tubes
Post operative Management

• Infection

Tube in Middle Ear
Post operative Management

Time of Extraction

Thank You