

December 13-14, 2018

Madrid, Spain

Faisal Bashir et al., J Otol Rhinol 2018, Volume 7
DOI: 10.4172/2324-8785-C5-020

Frequency of complications in aural foreign bodies

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Introduction: Common otorhinolaryngological emergencies are due to foreign bodies. 11 percent of the visits to otorhinolaryngologists are due to foreign bodies. Complication rates have been seen to be high as 22 percent. The majority of the patients have foreign bodies in the ear. Foreign bodies within external ear are present both in children and adults. The problem is very common among children, more so in school going children than the toddlers. Complications of foreign body ear include bleeding (51.83%), laceration and rupture of the tympanic membrane (0.99%). Studies have shown that the complication rate increases with the increase in the number of failed attempts to remove the foreign body.

Methodology: This was a randomized study all 196 cases that presented during six months were included in our study by consecutive non-probability sampling. Otoscopic examination of both ears was carried out and patients with incidental findings were also included. After removing the foreign body laceration, ear bleed, and perforation of tympanic membrane and its type were documented.

Results: 25% of patients developed bleeding, 13.8% were having laceration while none of the patient presented with tympanic membrane perforation. Cotton bud was found to be the commonest foreign body in 33.7% with associated bleeding.

Conclusion & Recommendations: In this study, the cotton bud was found to be the commonest foreign body in external auditory canal. Use of cotton bud although is easy for cleaning of ears but if it is broken inside the external auditory canal can cause serious complications like bleeding and laceration as found in this study. We suggest that community should be educated through media and literature about the complications and should discourage self-instrumentation among the children and adults.

Recent Publications

1. Figueiredo R R, Azevedo A A, Ávila Kós A O and Tomita S (2008) Complications of foreign bodies in otorhinolaryngology: a retrospective study. *Rev. Bras. Otorrinolaringol.* 74(1):7-15.

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5. Ologe F E, Dunmade A D and Aflolabi O A (2007) Aural foreign bodies in children. *Indian J Pediatr.* 74(8):755-8.

Biography

Faisal Bashir has completed his MBBS at Ayub Medical College, Abbottabad, Pakistan and Postgraduation in ENT Head & Neck Surgery at College of Physicians and Surgeons Pakistan, Pakistan in 2011. He is a renowned Consultant in Pakistan & Azad Jammu & Kashmir. He is working as an Associate Professor and Head in ENT Head & Neck Surgery Department at Divisional Headquarters Teaching Hospital affiliated with MBBS Medical College, Mirpur, AJK, Pakistan. He is known for evolution in ENT in Azad Jammu & Kashmir as has started FESS, Head & Neck Surgeries and Otological procedures. He has attended multiple workshops nationally and internationally and published his research work in PMDC recognized journals.

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