

TABLE 2

EVIDENCE TO SUPPORT DIFFERENT TREATMENT STRATEGIES FOR PATIENTS WITH OTITIS EXTERNA

Grade of Recommendation	Treatment	Comments
A	Ear cleaning, ear wick, and topical acidifying agent ¹² with hydrocortisone-acetic acid (VoSol) or hydrocortisone-neomycin-polymyxin B (Cortisporin) 5 drops 4 times daily for 4 days	Equivalent clinical results
A	Ear cleaning, ear wick, and VoSol ¹⁶ or hydrocortisone-neomycin-colistin (Coly-Mycin S [®]) ¹³ 5 drops 4 times daily for 4 days	Equivalent clinical results
A	Indomethacin 100 mg suppositories ¹¹ every 12 hours for 2 days	Pain control was only outcome measured
B	Ear cleaning, ear wick, and topical ¹⁴ Coly-Mycin S 4 drops 3 times daily for 21 days	Better than cleaning and wick alone
B	Ear cleaning and topical antibiotic/steroid combinations ¹⁵⁻²⁰ 4 drops 3 to 4 times daily twice daily	Better than cleaning and wick alone. Ciprofloxacin ¹⁶ and ofloxacin ¹⁷ can be dosed
B	Ear cleaning and topical antifungal-steroid ²¹⁻²² 2 drops 3 times daily for 7 to 14 days	Equal to antibiotics/steroid combination
B	Ear cleaning and oral 160 mg trimethoprim/800 mg sulfamethoxazole twice daily for 5 days or single topical antibiotic/steroid ointment ²³	No better than topical only. Treatment failures were excluded on day 6
B	Ear cleaning and single treatment with topical antibiotic ²⁴	Only 10 patients
B	Ear cleaning and single treatment with acidifying agent aluminum acetate ²⁵	Equal to topical antibiotic
B	Ear cleaning and acidifying agent ²⁶⁻²⁷ 4 times daily	Better than placebo
B	Antibiotic/steroid combination topical spray ^{28,29}	Equal to drops
C	Ear cleaning and single topical antibiotic/steroid combination ³⁰	Two different diagnostic groups