

Basic use

Inserting/removing hearing aids

It is important that hearing aids are correctly inserted to prevent discomfort or feedback (whistling). Your hearing aids may feel awkward to put in at first; it's quite normal to require a bit of practice to get this right, so don't be discouraged if you don't manage straight away!

Below are methods that we recommend depending on your type of hearing aid, however there are alternative methods so find out what works for you!

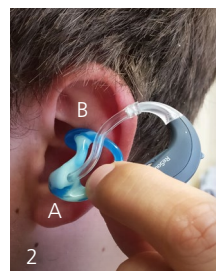
Custom earmoulds

1. Hold the earmould by its 'handle' (which looks similar to the handle of a teacup), with your forefinger and thumb. Use your right hand for your right ear and your left hand for your left ear.
2. Maintaining this grip, bring the mould up to your ear as shown in the picture.

The portion of the mould containing the tube (marked A) should enter the ear canal and the other smaller end (marked B) should sit into the crease above it. You should aim to insert both these portions at once.

3. Fit the top and canal parts of the mould into your ear. Make sure that the top is tucked under the fold in your ear, not protruding (otherwise the mould is at risk of falling out or whistling). Keep hold of the 'handle' until you have completed this step.
4. Now let go of the back of the mould and push it firmly into your ear. You may find it helpful to pull your ear back at the same time.

5. When the mould is in place, hook the hearing aid over the top of your ear, as shown in the picture.



Thin tube fitting



Before putting in your hearing aid, it is important that you check that your domes are securely on the tubes. The rubber sleeve of the dome should be pushed on fully for all types of domes.

1. Rest the hearing aid behind your ear, the thin tube should naturally fall in front of your ear.



2. Hold the thin tube where it bends and insert the dome down your ear canal. You may find it helpful to pull your ear back with your free hand at the same time, this straightens the ear canal.
3. The dome should be in far enough so that the thin tube is flush/ flat against the side of your head. If you are struggling to achieve this, try using a 'wiggling' motion whilst pressing on the tube, to ease the dome down your ear canal.

4. If there is a 'tail' of plastic protruding from your ear (as seen in picture 4.A), this needs to be tucked into the bowl of your ear, as it helps to secure your hearing aid.



5. When correctly inserted the aid should sit as shown in picture 5.