

# Maintaining your Hearing Aids

Hearing aids require regular care and maintenance to operate adequately and preserve their lifespan – after all, they're housing delicate electronics and are worn on your person for long periods of time.

## 1. Read the instructions

Thoroughly read through the instruction manual provided with your hearing aids as content in the manual is specific to your brand, model and style of hearing aid.

## 2. Keep your hearing aids safe

Your hearing aids are small, fragile devices. For general care:

- Store your hearing aids in the box provided when ever you remove it and place them in the same place, e.g. bed side table.
- When not using your hearing aid, open the battery door before placing it in the box.
- Handle your hearing aids gently, do not force the battery door open or closed.
- When changing hearing aid batteries, wax filters, dome, etc, it is best to work over a table, so it is easy to find any dropped items.
- Keep your hearing aids out of reach of pets (especially dogs, they love to chew hearing aids) and young children.
- Remove the batteries when you are not using your hearing aids for more than a couple of days. You will need to put new batteries in when you begin using it.

## 3. Keep your hearing aids clean

DAILY checking and regular cleaning is needed to ensure hearing aids do not get blocked with wax, dead skin or other debris, as this will cause the hearing aid to stop operating.

- Use a clean, dry cloth to wipe your hearing aids.
- Use the tools such as the brush to gently brush away any wax, dead skin, etc in the difficult-to-reach parts.

**NOTE: DO NOT clean your hearing aids using water, liquid of any kind, wet wipes or a damp cloth.**

#### **4. Replacing the wax filter**

It is important to replace the wax filter on your hearing aid regularly. For some users, this will be every few weeks if they produce quite a bit of wax; for others, every two months. If you can see wax on the filters - yellow tip instead of white - it's time to replace them.

#### **5. Avoid water, moisture and humidity**

Hearing aids are electronic devices that will fail if they are exposed to any form of moisture, humidity or water - sweat, tap, rain, shower, pool, ocean.

- Remove your hearing aids before taking a bath/shower, in the rain, at the barbers or hairdressers or when applying hairspray/gel.

To prevent moisture building up, a drying kit should be used on your hearing aids. It is recommended that hearing aids are dried daily in warmer months OR twice weekly in cooler months

##### Drying Kits

Electronic drying kits perform the best at removing moisture from hearing aids. Used for 3 hours per drying session, they are simple to use, plug into any power socket, automatically turn off after the drying period, and are small enough for you to travel with.

Crystal drying kits are small tubs containing moisture-absorbing crystals - you place your hearing aid on top of the crystals and leave to dry overnight. Over time, the crystal quality diminishes and its effectiveness in removing moisture lessens. You will recognise this, as the crystals will change colour. At this time, purchase a new tub.

#### **6. Avoid extreme temperatures**

Your hearing aids are designed to work within a set range of temperatures.

- Avoid extremely cold temperatures and heat
- Do not leave your hearing aids in the sun, in a hot car or near radiators, heaters or a fire
- Remove your hearing aids before using a hair dryer
- Remove your hearing aids before undergoing Short-wave Diathermy or other electrical treatments - ask your audiologist or doctor if you are unsure.

If you experience problems with earwax, skin irritation, or have any other concerns regarding the operation of your hearing aids or your ears, please contact your nearest Totalcare Hearing clinic.