

Manual for Better Hearing with Hearing Aids

This handout is designed to help you adjust to your new hearing aids. It is my goal that this manual provides useful suggestions on the care and use of your hearing aids. If you have any questions about hearing or your hearing aids, please do not hesitate to call The Comprehensive Hearing Center of Texas at **512-478-2273**.

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Adapting to Hearing Aids

Hearing Sounds Again

The goal of amplification is to reintroduce your ears and brain to sounds that they have not heard in a while. It is important to wear your hearing aids daily to help your ears and brain learn to listen again.

Quiet Situations

Try to wear your hearing aids around the house, in the quiet. This will help you adjust to sounds when noise is louder and listening situations are more complex.

Position Yourself

Try to place yourself in the room so you are directed towards the sound source. At restaurants, try to sit with a wall or barrier behind you so you do not have as much distracting noise behind you (ex. A corner booth is better than a table in the center of the restaurant).

Sort Out the Noise

Amplified sounds may seem unnatural, particularly if it has been a while since you have heard certain sounds. Special features in your hearing aids are designed to help with background noise, but despite the technology it is still a concern for some people. Try to learn to identify the sounds, separate them, and tune out the noise all over again (like you did when your hearing was better- you just didn't realize it).

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Battery Information

Zinc-air batteries have a sticker tab on the back of each battery. The tab should only be removed when you are ready to install it. Once you pull the sticker tab off, the battery starts to drain. Don't pull the tab off early!

Battery life depends on the size of the battery, the drain produced by the hearing aid (how powerful the hearing aid is), and listening conditions. If the battery is not lasting as long as you expected, track battery life by placing removed battery tabs on your calendar. This will help you determine how long your batteries are lasting.

Keep batteries at room temperature. Heat can shorten battery life and a damp location like the refrigerator is not recommended. Also, never carry loose batteries in your pocket or purse. Contact with metal items like keys or coins can short-circuit a battery.

Remove batteries before placing your hearing aids into the dry aid kit.

When the hearing aids are not in use, swing open the battery door. This will ensure that the power is off.

Keep batteries away from children, pets, and medications. If a battery is accidentally swallowed, seek medical attention immediately.

National Battery Hotline (202) 625-3333

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Dry Aid Kit

The purpose of a dry aid kit is to remove moisture which may build up in the hearing aid. Moisture naturally occurs from perspiration and humidity in the air.

1. Remove the batteries from the hearing aids and leave the battery door open.
2. Put the hearing aids into the kit.
3. Seal the kit.
4. Leave the hearing aids in the kit overnight (8-12 hours).

Recharge the kit when necessary

Keep the kit closed at all times when not in use and follow the directions on the box to recharge. Typically the instructions involve microwaving the pouch of desiccants or silica beads once the beads change color.

Troubleshooting Guide

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Feedback (whistling)

- The hearing aid may not be inserted properly-make sure the mold or tube is flush with the ear. Sometimes thin tubes work themselves out of the ear; just use your finger to push the tube further into the opening of your ear canal.
- Inspect your earmold, tip, or tube for earwax. Build up of earwax can cause feedback, so try to clean the tips or earmold to rid them of wax.
- Change the wax guards or tips if earwax is present after attempting to clean them.

Intermittent Sound (hearing aid comes on and off)

- Moisture may have accumulated in the hearing aid. Place hearing aid in a dry aid kit over night. Also, make sure your dry aid kit is charged and ready (follow the directions on your dry aid kit to make sure it is charged and drying properly).
- The internal components or battery contacts may be damaged. Contact our clinic for assistance.

No Sound

- The battery may be weak or dead. Replace the battery with a fresh one.
- The battery contacts may be corroded. Contact our clinic for assistance.
- The tube or earmold may be blocked with earwax or debris. Clean the opening with the tools you received from the manufacturer (soft brush, etc.). Daily cleaning will reduce the recurrence of this problem.

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