

Congratulations on acquiring a new hearing device! You have truly made an investment in yourself.

If this is your first hearing device you will probably notice that many sounds are different to what you are accustomed to. If this is not your first hearing device you will probably notice speech and noises sound slightly different to your old hearing devices given the update in technology. The more you wear your hearing devices, the faster you will acclimatise to hearing the sounds around you. It is important to listen to the various sounds, acknowledge them but do not focus on them. Your brain is re-learning how to filter and categorise sounds it hasn't heard for many years. Often the most difficult situations to acclimatise to are noisy situations, for example, conversation at a social club, restaurants, shopping centres or busy street traffic.

Initially, you may notice many sounds which you have not been hearing or have been hearing at a reduced level. Some of these may seem annoying, for example, you may notice the traffic going past your house or the refrigerator turning off and on. As you continue to wear your hearing device regularly you will find that these minor sounds fade into the background. Similarly, most sounds will seem louder to start with but should gradually become more "normal" as time passes.

A hearing device should be worn all day every day even if you are by yourself and don't want to hear certain sounds. Those with normal hearing can't switch off sounds and use their brain to 'filter' out unimportant sounds. Strengthening this 'filtering' ability comes in handy in noisy situations. The hearing device should be part of your daily routine and a part of your life. Just like spectacles or contact lenses, a hearing device can feel strange at first. Give yourself the time to acclimatise to your new hearing device.



Drying Unit

Drying units can remove daily moisture and add to the long term care of your hearing device. Always remove the battery.



Storage

Keep your hearing devices in the case provided. This will keep them safe from damage, dirt and moisture.



Regular Reviews

Annual reviews to have your hearing and hearing devices checked or adjusted is important to ensure you get the most out of them.



Clean Daily

Cleaning your hearing devices on a daily basis is an important step in caring for them. Follow the instructions provided by your clinician.



Minimise Moisture

Avoid moisture damage by removing your hearing devices before showering, swimming or physical activities which can cause you to perspire heavily.



Storage Location

Do not store your hearing devices in the bathroom as this can cause damage to them.

Getting started with your new hearing device

If you experience any problems with the sound quality or discomfort it is important you contact us for advice and potentially an appointment.