

## Hearing Aid Checklist

### **In the Morning**

- Check the batteries
- Check the earmold and clean any wax/dirt from the opening
- Listen to the hearing aid using a stethoset
  - Be sure to use a filter when listening to powerful hearing aids.
- Insert the hearing aid
  - You may need oto-ease until natural oils help with insertion
  - You may need two people in the beginning
  - If the earmolds are getting small, you may need to use oto-ferm to help eliminate squealing
- **Remember: The goal is to wear the hearing aids during all waking hours, except for any time they may get wet (e.g., swimming, bathing, in the rain). You may need to work up to full-time use.**

### **At Bedtime**

- Remove the hearing aids
- Gently remove the earmolds, trying not to pull on the tubing
- Place the hearing aids in the dry aid kit
  - Do this every night and immediately if the hearing aids get wet (from water or sweat)
  - Leave the batteries in the hearing aids while in the dry aid kit
  - The battery doors should remain open
  - Ensure the desiccant (pillow cylinder or bar) in your dehumidifier is active.

### **Hearing Aid Care**

- Remove the earmolds from the hearing aids and wash them once a week. Use warm water and dish soap. Rinse thoroughly.
  - Do this more often if you notice a lot of waxy buildup
  - Dry the earmolds on a paper towel overnight, use your air blower to clear the tubing, and put them in the dry aid kit
- Be aware that moisture/humidity can damage hearing aids
  - Use the dry aid kit as necessary to dry out the hearing aids
- **Keep the hearing aids, earmolds and batteries away from young children and pets.**

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