What Not to Do with Your Hearing Aids by John Koonz

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Modern hearing aids are highly advanced, sophisticated electronic equipment. In order to prevent damage and repair costs, regular care and precautions should be taken. Purchasing hearing instruments is a big step toward improving your daily listening life, but it also has a financial cost to protect. Protect your hearing health and financial investments! Follow this list of what not to do, and keep your investment safe! Please keep these suggestions in mind!

â€¢ Do not allow your hearing instrument to get wet.

If possible, keep your aid moisture free at all times. In the majority of cases, it is not advisable to swim, bathe, or shower with your aids on. Technological advances are being made to make aids more waterproof. While water protection is available for some units, it is not recommended that your aid be submerged in any unapproved liquids. Never wash the aid in water.

â€¢ Do not allow contact with chemicals.

Chemicals (e.g., hair spray, perfumes, etc.) can potentially cause damage to your hearing instrument. Before spraying any chemicals near your aid, place your hearing instrument in a safe, dry place away from chemical contact. If you are using chemicals on your hair, do not insert your aids again until the product has had time to fully dry.

â€¢ Do not allow your aid to get excessively hot.

High temperatures can damage your hearing instrument very quickly. You should never leave your aids in places known to get warm. Never leave your aid in a car, particularly in hotter months. Keep your aids out of prolonged exposure to direct sunlight. If something does occur to get your aids wet, do not dry the aids with heat (e.g., microwaves, stove tops, hair dryers). If you are concerned about liquid contact or heavy moisture, remove the battery and put your aid in a dehumidifier. If a dehumidifier is unavailable, place the aid with the battery door open and battery removed into a bag of uncooked dry rice. Leave overnight. Rice will act as a natural desiccant to draw moisture out. Discard rice after use.

â€¢ Do not force the battery.

You should never have to force a battery into your hearing instrument. The battery door should close easily without any force needed. Ask your hearing healthcare provider for your battery size and positioning.

â€¢ Do not drop your aids.

Avoid dropping your aids on any hard surfaces. A sharp fall onto a hard surface could potentially damage your aids. Try to provide soft surfaces such as carpeting when you are inserting and removing your aids.

If you have questions about proper care of your hearing instruments, contact your hearing healthcare provider as soon as possible. They will guide you through the care, maintenance required to prolong the life of your devices. Protect your hearing aids, and follow these â€œnot to doâ€™s!

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a Dr. John H. Koonz, Au.D., Board Certified in Audiology is a native of Winnipeg, Manitoba, Canada, and has dual citizenship for the United States and Canada. Education has been achieved at the University of Manitoba, the University of Minnesota, and the Arizona School of Health Sciences. Dr. Koonz primary goal is to provide you, the patient, with the best possible clinical services. For up-to-date a Hearing Aid Information visit our Blog.

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