



YARMOUTH AUDIOLOGY

MAINE'S HOME FOR HEARING

Getting Started with Hearing Aids

Congratulations on your new hearing aids! We want you to be successful with your hearing experience. Here are some common questions people ask when they start using hearing aids.

Should I wear my hearing aids all day as soon as I get them?

Ideally yes. The more you wear them, the more quickly your brain will adjust. It's common to start wearing hearing aids at a slightly reduced volume. For some people, however, they might need to wear them for part of the day for the first couple of weeks. It takes time for your brain to get used to hearing better. You may notice extraneous sounds that you don't feel are necessary to hear, but this is your world, and you deserve to hear it. Please contact us if you are unable to adjust your hearing aids to a setting that is acceptable or if you experience any physical discomfort.

How can I keep my hearing aids clean?

Inspect your hearing aids daily, particularly the dome (or custom earmold) that houses the receiver (or speaker). This is the part that sits in your ear canal, where wax can accumulate. Use a brush or cloth to remove any wax from the dome (or custom earmold). If you remove the dome (or look at the end of the earmold), you will see the receiver. There is a white tip at the end of the receiver. This is called a wax filter (or wax guard) that can easily get plugged with wax. If this occurs, you may not hear anything from the hearing aid. **Change the filter on a monthly basis (or sooner if needed)**. Refer to your manual to review changing this filter, or contact us if you need assistance.

If my hearing aids are fully charged, is it okay if they are still in the charger?

Yes. This is the best place for your hearing aids to be kept if you are not wearing them.

Are my hearing aids water resistant?

Yes, but they can be sensitive to prolonged exposure to moisture (such as perspiration, rain, stepping into the shower with them on, or being in a humid environment). If any of these situations are occurring, consider purchasing a special jar that contains desiccant beads. You can put your hearing aids into this jar for a few hours to help dry them out. For some rechargeable hearing aids, you can purchase a charger that is also a dehumidifier. Please ask us about these options if you are interested. If you suspect your hearing aids might not be functioning well due to moisture, please contact us. We have a rapid dehumidifier that dries your hearing aids and tells us how much moisture was removed.

Will hearing aids restore normal hearing?

Your hearing aids will improve hearing speech, but they cannot restore the normal functioning of your hearing system. If you continue to experience difficulty hearing speech sounds, particularly in background noise, let's discuss options such as a remote microphone to better hear certain people. If you continue to have significant difficulty hearing on the phone, contact us to discuss a caption phone.

How often should I come back for check ups?

Once you conclude your hearing aid trial period (and its periodic visits with us), and you are comfortable with how you are doing, we prefer to see you every 6 months, or sooner if needed. We will check your hearing aids, perform any firmware updates, check your ears for wax, and see how you are doing overall.

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What if my hearing aids aren't working, or if I lose them, or if they have been damaged?

Your hearing aids have a warranty (often 3 years, for example). This warranty covers repairs and a one-time replacement per hearing aid due to loss or damage beyond repair, with a deductible (as specified in your purchase agreement). Please contact us if you have any concerns.

I have rechargeable hearing aids. How long will the internal battery last?

The internal battery slowly loses longevity over time. If your hearing aids are not lasting as long as they used to each day, contact us to discuss replacement. If you are near the end of your warranty and you have not yet had these batteries replaced, please contact us to have this done.

Can I sleep with my hearing aids?

Yes, but it might not feel comfortable, particularly if you are a side sleeper. If you are concerned about not hearing at night, consider other alerting devices (such as flashing lights or vibrating signals). If you stay in a hotel, ask for an ADA kit that will assist with alert notifications.

My friend has hearing aids and sometimes changes programs. Should I have that too?

Not necessarily. Depending on the level of hearing aid technology you have chosen, your hearing aids may be able to automatically adjust to your changing acoustic environments. If you have particular difficulty hearing in a certain environment, please contact us to discuss adding a special program or to discuss other options.

Are there special accessories available for my hearing aids?

Many hearing aid styles are compatible with accessories like remote microphones and TV streamers. Contact us if you would like to explore these options.

How many years do hearing aids typically last?

5-6 years. At this point if your hearing aids are not working well, it is time to consider replacing them. Some people replace them sooner if they find benefit with updated technology.

Will my hearing aids still help me if my hearing changes?

Contact us if you suspect a hearing change. We recommend periodic hearing evaluations to monitor your hearing health. If your hearing changes, usually we can program your hearing aids to correct for that change. If you experience a significant hearing change that exceeds the limits of your hearing aids, we will discuss our recommendations with you.

Will hearing aids change my hearing?

Your hearing aids are safely and appropriately programmed. Your hearing acuity (how easily you detect sounds) will not worsen or improve because of wearing hearing aids. Research has shown, however, that your brain's use of what you hear might improve over time. As your brain adapts to hearing better, you will notice diminished hearing ability when you take off your hearing aids. This is expected.

Is it true that hearing aids help with my overall brain health?

Yes. With appropriately programmed hearing aids such as yours, research has shown that improved hearing can lead to improved social life (like with family and friends), improved wellness (less depression, anxiety and isolation), less risk for dementia, and improved overall satisfaction with life.

Please call us with any questions or concerns at 207-846-1380
Our office hours are Tuesday-Friday, 8am-4pm (we are closed for lunch 12-1)