

Hearing Aid Mileage

Have you ever stopped to think about how many hours your hearing aid(s) put in per day? If you are wearing your hearing aids every day, for as long as you should, that equates to about 12 hours per day. That's 4000 hours per year! They are expected to perform unfalteringly in rain, shine, amongst wax and perspiration, make-up and even after a shower or two. To put it another way, a car that travels 60kms per hour, for the same amount of time that a hearing aid should be worn, clocks up 260 000kms per year!

Hearing aids are assets and generally have a 5 year lifespan, if they are looked after properly and serviced regularly. They require maintenance and looking after in order to ensure that they perform well throughout their lives.

Here are a few tips on keeping them going:

- Service your hearing aid(s) annually. Just drop them off at one of our practices and await our call to come collect them when they are back.
- Keep them dry. Silica gel capsules and sachets are only the start of moisture protection. If your hearing aids still seem to collect moisture then you should consider purchasing an electronic drying station which the hearing aids can 'sleep in' at night to prevent damage from corrosion. There are different types and sizes – ask your audiologist!
- Check your hearing aids every day – do they need a clean? Wipe them with a dry cloth or tissue when they come out of your ears at night (do not use liquids!). Check the tubes for wax and remove the wax if necessary. Also don't forget to check the waxguards.
- For custom or receiver-in-the-ear hearing aids, be sure to change the waxguards every time you change the batteries. Even if it doesn't look blocked. A partially blocked waxguard will not cause the aid to stop working, but it will diminish the quality and quantity of sound.
- When cleaning your hearing aids, it is helpful to work over a surface, preferably softened with a towel or the like, so that in case the hearing aid is dropped, it doesn't have far to fall and the landing will be soft. Is also useful for catching batteries which are very difficult to find once they have landed on the floor!
- When your hearing aids are not in your ears, they have to be in their box! Hearing aids that are left next to the telephone or on a side table tend to go missing, or get stolen by the family pet.
- Make sure that you know how to put the batteries in the right way and always use only the best quality batteries that you can. Remember that old, flat batteries should be removed from hearing aids as they can cause damage from leakage.
- Hearing aids are complex but also very tiny computers. They are serviced by knowledgeable and trained professionals. Please do not try to open them or repair them yourself.

Most importantly: When in doubt, visit one of our practices or make an appointment with your audiologist. Remember that we are always available for help or advice.

Copy Right: Francis Slabber & Associates 2017