



NORTHPORT HEARING CLINIC

3339 HWY 25, NORTH #44, NORTHPORT, WA 99157 888-453-8806 WWW.AUDIOLOGYHELP.COM

NEW HEARING AID WEARER: QUICK-START GUIDE

- 1. GRADUAL WEARING SCHEDULE**
 - Start slow: 3-4 hours (Quiet)
 - Build up: 12+ hours (All day)
- 2. PRACTICE ACTIVE LISTENING**
 - Face the speaker directly
 - Reduce background noise (e.g., TV)
- 3. ESTABLISH A 'SAFE SPOT'**
 - Store in one consistent
 - Keep AWAY from humidity (Bathroom)
- 4. DAILY MAINTENANCE**
 - Wipe with a soft cloth (Daily)
 - Check and change wax filter
- 5. DOCUMENT 'WINS' & 'CHALLENGES'**
 - Keep a simple log of situations
 - Bring your list to follow-up

Moving from a world of muffled sound to clear, amplified speech is a journey for your brain, not just your ears. Here are four general good habits to help you succeed during your first few weeks with new technology.

1. The "Gradual Gain" Wearing Schedule

Your brain needs time to "re-learn" how to filter out background noises like the hum of a refrigerator or the sound of your own footsteps.

- Days 1–3: Wear your aids for 3–4 hours in quiet environments (reading, watching TV).
- Days 4–7: Increase to 6–8 hours and try a one-on-one conversation in a slightly louder area.
- Week 2 and beyond: Aim for "eyes open, ears on." Full-time use (12+ hours) is the only way to achieve long-term habituation.

2. Practice Active Listening

- Face the speaker: Always look at the person talking to you. Visual cues (lip movements and facial expressions) provide up to 30% of speech understanding.
- Reduce the distance: Try to stay within 6–10 feet of the sound source.
- Minimize noise: Turn off the TV or dishwasher before starting a serious conversation.

3. Establish a "Safe Spot" for Storage

- One Location: Choose one specific spot (like a nightstand or a designated charger base) where your aids live whenever they aren't in your ears.
- Avoid Moisture: Never store them in the bathroom, as high humidity can damage the delicate internal circuitry.

4. Daily Maintenance Hygiene

- Wipe them down: Use a soft, dry cloth every evening to remove skin oils and moisture.
- Check the wax guard: If the sound seems "dead" or muffled, the tiny white filter (wax guard) at the tip is likely clogged.