



## **PATIENT INFORMATION**

### **Making the most of your hearing aid**

#### **Getting used to your hearing aid**

When you first start wearing a hearing aid you may find that you are very aware of everyday background sounds that you have not been used to hearing. Things like kettles boiling, toilets flushing etc. You may find that these noises are distracting and make it difficult for you to focus on what you want to hear, this is quite normal. As you gradually become accustomed to these sounds, your brain will learn to filter them out, so that you become less aware of them over time.

Build up the use of your hearing aid gradually. It can take time to get used to it and the more you persevere with it, the more you will benefit.

Start by wearing the hearing aid for a couple of hours a day and gradually increase this. Everyone is different, so do this at a rate that you are comfortable with. Start off in a quiet place and when you feel ready, try wearing it in more noisy places. The important thing to remember is to persevere.

Try to give yourself at least 6 to 8 weeks to become used to the hearing aid. If at this point you are not happy with it then please arrange an appointment to see an Audiologist.

#### **Hearing tactics**

Do not have unrealistic expectations of your hearing aid. It will not restore your hearing to normal, but hopefully it will help you to hear some of the sounds that you have been missing out on.

Please remember that in noisy places it will always be more difficult to hear even when you are wearing a hearing aid. And that no hearing aid will completely eliminate background noise.

Make the most of visual information by watching people's mouths, you will probably find that you are already lip-reading to a certain extent without realising it. You should hear much better if the person you are speaking to is facing you and sitting in the light. Reduce any unnecessary background noise, such as the TV/radio.

Do not be embarrassed to ask people to repeat themselves if you have not heard what they have said.

### **Additional information**

If you have any questions about your hearing aid you can contact us by phone or email.

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