

## FAQs

### I always get an infection after swimming - should I protect my ears?

Swimmers of all ages and abilities can experience sensitivity to water in the ear. Swim Plugs are a safe and effective way to protect your ears.

### I had Grommets fitted in my ears, is it safe for me to have swim plugs made?

Yes - custom made ear plugs are safe for nearly everyone. However, your audiologist will thoroughly check your ears to make sure it is safe to proceed. For those that have a history of ear conditions, a perforated ear drum or have had grommets inserted, these plugs allow the wearer to continue with their favourite water activity whilst protecting from water and keeping your ears dry.

### How long will they last?

For adults custom made plugs can last for up to 3 years. For children, who are still growing, they may need to be remade more regularly.

### Can I use foam / wax plugs instead?

These sorts of plugs are useful in keeping small levels of water from the ears but don't tend to be as well fitted as the custom made ones that will fit to your ear shape.

### Are they 100% waterproof?

Swim Plugs will stop water from entering your ear via the ear canal but are not guaranteed to be 100% waterproof.

### How do I pay?

Once you have chosen your product & are happy to proceed, payment can be made to the trust in a number of ways.

- ✓ payment by credit/debit card
- ✓ payment in cash
- ✓ payment by cheque

Please make cheques payable to Torbay and South Devon NHS Foundation Trust.

### Refunds

As these are custom made plugs we are unable to offer refunds unless there is a fault identified.

### What next?

Your plugs will be custom made for you; we will order them straight away and contact you to collect them. If they are new to you an appointment will be arranged where we can show you how to fit them.

### Contact us: -

For more information, or if you would like to arrange an appointment with us, please contact Audiology - Hearing Care on

Telephone: (01803) 655125 or

Email: [sdhct.audiologyprivate@nhs.net](mailto:sdhct.audiologyprivate@nhs.net)

25506 V1/Audiology/TSDFT/02.21/Review Date 02.23

## Audiology - Hearing Care

Dedicated, compassionate, professional and responsive

“...we care”

# Custom Made Swim Plugs

Patient information



# Swimming and Ear Health

For people with certain ear conditions, allowing water into your ears can lead to ear infections and a lot of discomfort.

Using plugs can reduce the level of water that can get in your ears when swimming, showering or bathing.

Universal foam and wax plugs can help, but do not fit as well as custom plugs, often resulting in some water getting into the ears. Such things as cotton wool with Vaseline can also end up being accidentally pushed down the ear leading to additional problems.

We can facilitate custom swim plugs to be made in order to provide better protection for those prone to ear infections or other ear problems.

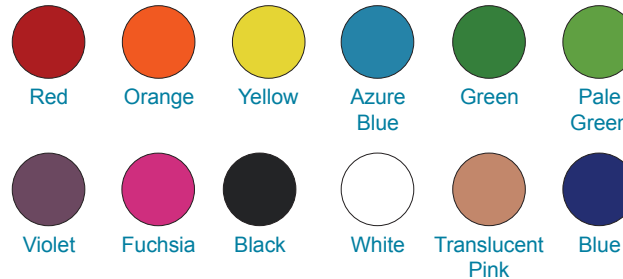


This picture shows how well the plugs fit into your ears.

They are made to the shape of your ear using a soft, water repellent, silicone material for maximum comfort.

Swim plugs also come in a variety of solid, swirled and glitter colours for you to choose from, so it's easy to pick a colour or style to suit your personality

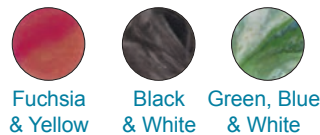
## Earmould Solid Colours\*



## Earmould Glitters



## Earmould Marble Colours



## Earmould Brown Tones



How much will custom made ear plugs cost me?

Prices start at £50\*

\*Correct at Jan 2018

## I would like to have custom made plugs, how are they made?

To custom make your plugs, it is necessary to take a casting of the ear canal to ensure that they fit well.

When casting, the ear canal is blocked with a soft sponge and then filled with putty. After a couple of minutes, the putty will set firm and then be removed.

This procedure can feel a bit strange - like having your ears filled with water. The cast is then used to make the swim plug.



Making your plugs may take a couple of weeks.

