

Keeping Your Hearing In Tip Top Condition

Description

Let's face it; our ears are incredibly important. Those who struggle with their hearing will bear witness to this. Without the sounds penetrating our brains, we will function much more slowly and less efficiently than usual. It is something that most of us without a hearing impairment take for granted, so we only tend to do something when a problem comes up, and sometimes, that can be when it is too late.

See, that is the thing about our hearing. It generally is not something that can be completely resolved if something goes wrong. Once you have done significant harm, it may be the end of full use for one of your primary senses. That is why people need to be diligent to make sure their ears are kept safe to maintain their health for many years to come. Here, we look at some of the ways in which you can look after your ears and hearing.

default watermark

default watermark

Image credit: [Pixabay CC0 License](#)

Keep away from loud noise

This is pretty obvious, but important nevertheless. Loud noise is never going to be good for your ears, so avoid it as much as possible. Sure, we all like to have the occasional song on a bit louder, but be sensible. If it hurts your ears, it is probably hurting your hearing. Stay away from loud bangs and crashes that will damage your hearing in both the short and long term, and where possible, wear ear defenders if you have to work around noisy machinery or equipment.

Visit a hearing specialist

A hearing specialist, or an audiologist, will be able to give you advice on your ears and how to prevent further damage to your hearing. If you already have a hearing impairment, they will be able to discuss things like hearing aids and help you to [learn more](#) about how to manage them.

Treat any illness or infections appropriately

Damage to our hearing is not always caused by loud noises. Sometimes, [illness and infection](#) can cause both short term and long term problems with our ears which can affect our hearing. Sometimes, it can be easier to allow our bodies to fight infection and for it all to blow over by itself, but other times, further action is required to protect all aspects of our health. If you are unwell and are worried that it may affect your ears, make an appointment with your doctor as soon as possible and find out what they suggest as to the most appropriate form of treatment.

Don't put anything into your ear

The general rule of thumb is not to put anything smaller than your elbow into your ear. It can be tempting to want to clean or scratch your ears with an earbud or q-tip, but this can push any wax further down into the inner ear and compact it. To [clean your ears](#), wipe a damp flannel around the outside of your ear. If you are having issues with ear wax, talk to your doctor or audiologist, or purchase some ear wax softener, which will remove it safely.

Date Created

2020/03/23