

Essential Advice On Getting Used To Hearing Aids

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Hearing loss is an issue that affects millions of people all over the world. While the hearing will naturally deteriorate with age, there are many other causes out there. Even your own lifestyle choices could [damage your hearing](#), leaving you requiring treatment. Hearing aids are just one treatment option available to you. After getting hearing aids, you may think the journey to recovery is over. Truthfully, it's only just the start. Here are six tips for getting used to new hearing aids.

Find A Great Fit

Making sure that the [oticon](#) hearing aids (or whichever make you have chosen) fit properly is the first, and most important, step in successful use. This makes your aids more comfortable to wear, as well as more effective. Although you might still feel something in your ear for a while, that feeling shouldn't hurt. Before heading home, make sure you also understand how to put the aids in correctly so that you can do it yourself.

Practice In Various Spaces

At first, you might not want to wear your hearing aids at all. Getting used to new and unfamiliar sounds isn't easy, so you'll be tempted to take your aids out. Nonetheless, you should wear your aids as often as possible. This will help your brain and ears adjust to any new stimulation. Wearing your hearing aids in different spaces lets you practice changing the settings as needed.

Dress Up For Holidays

Wearing aids can make many people feel self-conscious or uncomfortable. Rather than trying to hide them, however, you should make them stand out. Dress up your [hearing aids](#) for holidays, like Halloween and Christmas, is fun and therapeutic. With fun and attractive aids, you'll have no reason to be embarrassed. Just make sure that any modifications don't affect the functionality.

Carry Batteries With You

When the batteries in your hearing aids run low, you'll notice problems with the sound. Some aids will also make beeping noises to alert you about the problem. After this noise is sounded, the battery will die quite quickly. That is why you should carry a set of batteries with you. Having these batteries to hand means that you won't be left without your aids when you need them.

Schedule Follow-Up Checks

After being given your hearing aids, you should book a follow-up appointment for a few weeks later. This appointment is necessary for fine-tuning the fit and settings of your aids. Without this appointment, you could be left with a device that isn't effective. Although you shouldn't miss this appointment, there's no reason why you can't book an earlier one if you're [having trouble](#).

Give The Process Time

Hearing loss rarely occurs overnight. Instead, it's a gradual process that takes place over several years. While a hearing aid would allow you to [regain your hearing](#) much faster, it isn't immediate. Without patience, your body and brain won't be able to adjust to the new hearing aids. Most people

take weeks to adjust fully, while others take months, so don't expect results right away.

Hopefully, with the tips above, you can make the most of your new hearing aids.

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