

# Sound BYTES

INFORMATION FOR YOUR EARS



## WINTER HEARING AID TIPS:

# HEARING AIDS AND CONDENSATION



Condensation occurs when water droplets or moisture accumulates on cold surfaces when in contact with humid air. The effect can be seen on windows in the winter, glasses, mirrors, and even hearing aids and their batteries. This phenomenon is more prevalent in the winter months as the temperature outside is cold.

Hearing aid users can find the impact of condensation during winter months in the reduction of

battery life as well as functionality of their hearing devices. Zinc air batteries are prone to the influence of condensation due to the air hole in the battery required for activation. Don't be alarmed if during winter months you need to replace your battery more frequently. The circuitry in hearing instruments can also be exposed to condensation effects and presents with static, distortion, or even failure of the device.

Hearing aid users can be better prepared and preserve the functionality of their devices by following a few easy tips:

1. A Hearing Aid Saver or dryer should be used daily.
2. Prevent exposure to snow and rain by covering or removing your devices.
3. Keep spare batteries on hand.
4. If you are accidentally caught in the rain, snow, or shower with your hearing devices in, promptly remove the devices, wipe dry, remove the battery and place in the HA Saver or dryer overnight.

If your hearing aids are not functioning as they should, call Professional Hearing Services and schedule a hearing aid check with your audiologist or the audiology assistant.

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*Most people take their hearing for granted.  
That is, until they lose it.*

*-Jude Law*

## DO'S AND DON'TS

# FOR SUCCESSFUL HEARING AID USE

### **Do wear your hearing aids daily.**

Consistent use of your hearing aids is key to providing the best hearing. Your brain learns through experience, and over time is able to attend to what you want to hear.

### **Do allow yourself time to adjust to your new hearing aids.**

The first week is the most challenging, as you adjust to sounds around you. Your brain needs to learn what is important to hear; each week, the sounds will become more natural. Humans are quite adaptable, and your hearing aids eventually will become part of you.

### **Do clean your hearing aids daily.**

Wax and debris may get on your hearing aids, and it is important to wipe or brush them off. The microphone openings and sound bores on hearing aids are small; it does not take a lot of debris to block them. The collection of debris can cause the hearing aids to sound muffled, reduce volume, and lead to the hearing aid needing to be sent in for repair.

### **Do enjoy all the sounds that you have been missing.**

Untreated hearing loss has been linked to social isolation, depression and anxiety. Being able to stay connected and communicate is vital to living a fulfilling, healthy life.

### **Do contact your audiologist if you are experiencing any issues with your hearing aids.**

Hearing aids can be adjusted with computers, allowing for optimal customization. Whether you feel you are not hearing well overall or in certain environments, schedule an appointment so we can determine if an adjustment could help.

### **Do use caution when applying hairspray, oil, Vaseline, or lotions to your skin or hair.**

These products are fine to use, as long as you allow time for the hair and skin around your ears to completely dry. After applying these products make sure you wash your hands before you touch or put on your hearing aids. You should also remove your hearing aids when visiting the hair salon to avoid exposure to these products.

### **Don't store your hearing aids around pets.**

Your hearing aids smell like you and animals can be drawn to them and often eat them. Keep the hearing aids in a drawer or the case provided out of the reach of pets.



### **Don't mistake your hearing aids for hearing protection.**

Hearing aids should be removed, and hearing protection worn when there are loud noises that could damage your hearing. Do not rely on your devices as hearing protection

### **Don't get your hearing aids wet.**

Hearing aids have some protection from moisture, however, are not waterproof. Take your hearing aids out if showering or swimming. If your hearing aids do accidentally get wet, take the battery out and allow them to dry. A Hearing Aid Saver can be used to absorb the moisture from the hearing aids. If functionality is not restored, schedule a hearing aid check with your audiologist or our audiology assistant.

### **Don't think the same hearing aids that work for your friends and family members will work for you.**

Every hearing loss is unique, and your needs are different from your loved ones'. Meeting with one of our doctors of audiology to develop a customized hearing care plan will help navigate the ever-changing hearing aid market. Capitalizing on access to multiple manufacturers, styles, and technologies allows our audiologist to recommend a hearing aid to meet your specific hearing goals.