

EAR, NOSE AND THROAT ASSOCIATES OF CHESTER COUNTY

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ADAPTING TO YOUR NEW HEARING INSTRUMENT

Research shows that it takes *time* to adapt to new hearing instruments. This adaptation process may take from a few weeks to a few months. During this time, the brain gradually “rewires” itself to get used to hearing sounds in a new way. Our audiologists may make adjustments to your hearing instruments during this time. Since this is a gradual process, we recommend that you follow the guidelines below to assure success. Remember, *practice and patience* are very important.

PHASE ONE: (Weeks 1 to 2)

- Practice inserting and removing your instruments.
- If provided, practice adjusting the volume control to comfortable levels.
- Wear your hearing instruments in quiet, familiar surroundings.
- Try to identify different sounds.
- Remove the instruments for *a short time* if you feel nervous or tired.
- Practice listening to one or two people... watch their lips and gestures.
- Pay attention to how your hearing instruments feel in your ear. Report any discomfort to our office- adjustments can be made.
- Read any accompanying operation guides and literature.

PHASE TWO: (Weeks 3 to 4)

- Gradually begin wearing the instruments in different environments, such as an automobile or grocery store.
- Sit where it is easiest to hear in church or in meetings. Remember that even people with normal hearing have difficulty hearing in these situations.
- Practice concentrating on a single voice in background noise.
- Gradually lengthen the time that you wear your instruments each day.
- Experiment with the telephone for the best reception.
- Pay attention to the new way things sound.
- Remember that adjustments can be made if necessary.
- Enjoy yourself!

The guidelines above may be modified to meet your individual needs. If you have any questions or concerns, please call one of our audiologists at 610-363-2532 ext. 117.

>>**Remember:** People who are most satisfied with their hearing aids and derive the most benefit from their usage, are those who accept their need for amplification and wear their aids at all times. The intermittent user seldom experiences the full range of benefits received by a full-time hearing aid wearer.