Article published on May 23rd 2012 | Health

When you first learn that you can benefit from a hearing aid, you may feel a sense of relief. You are going to be able to hear again! Yet, when you put them in for the first time, you will realize that it is going to take some time for you to get used to them. As you adjust to your new hearing aids, these tips will make the adjustment time a little easier.

First, make sure that you work with an audiologist to have them fitted. The audiologist will show you some basic features that can help you as you adjust to them. A hearing specialist is also the best person to teach you how to clean your hearing aids and what to do when they need to be adjusted.

When you have your hearing aids placed in your ears for the first time, make sure you are shown how to adjust them. If possible, walk outside of the office to try them near traffic sounds, or have someone carry on a conversation with you in a quiet room. This will give you some opportunities to practice adjusting the hearing aids before you leave the specialistâ€™s care.

If you find the hearing aids to be uncomfortable at first, try wearing it for a short time each day as your ears adjust. This is similar to the way you would adjust to new contact lenses. Increasing your wearing time by 30 minutes to an hour each day will allow you to gradually adjust to their presence in your ears.

There are some common problems that new users experience. Sometimes, they hear their own voice much louder after they start using the hearing aids. This is normal, and most people are able to adjust to the change over time. If it is too distracting for you to handle, your audiologist may be able to adjust the hearing devices to compensate.

If you find that background noises are too loud, then the aid might need to be adjusted. Before you have it adjusted, though, make sure you are not going too quickly. If you put in your brand new hearing aid and jump into a very complex sound environment, such as eating out at a restaurant, you are going to struggle with background noise.

Start with smaller background noises until your ears learn how to hear with the help of the aid. Soon your brain will learn how to filter out the background noise. If you still struggle even after giving yourself some time to adjust slowly, go back to the place where you purchased the aid to have it adjusted.

Remember, as with anything new, you are going to need some time to adjust. Once your body and brain have had that time, you will wonder what you ever did without a hearing aid!

Article Source:
http://www.articleside.com/health-articles/hearing-aid-advice-for-new-users.htm - Article Side

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We are a team of Audiologists and an ENT physician working to address each patient's specific hearing needs. Our medical approach to hearing includes a comprehensive hearing examination and if necessary, a medical examination. We offer the newest, and best, in today's hearing

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Article Keywords:
Hearing Aid Advice

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