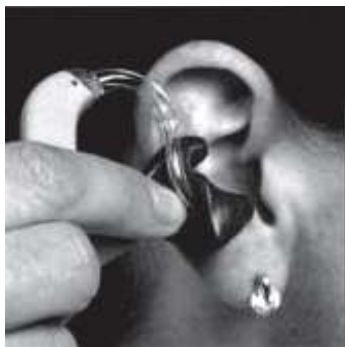


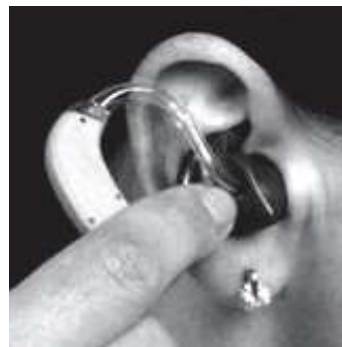
## 4. How do I put in my hearing aids?

### Mould fit

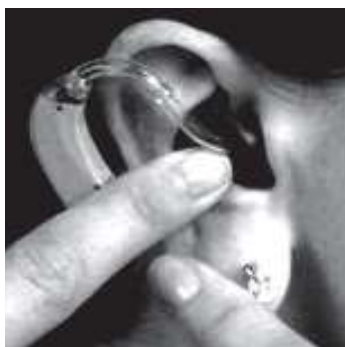
It is important to insert the mould into your ear correctly to prevent feedback (whistling), soreness of the ear or loss of the hearing aid. The correct insertion is demonstrated in the pictures below.



Hold the ear mould by the curved edge and place the tip of the mould into the ear canal.



Twisting slightly, make sure that the top part of the ear mould is pushed under the crease at the top of your ear. This is the most common area to make a mistake.



Use the other hand to pull down your earlobe. Push your ear mould firmly in.



With the ear mould correctly positioned in your ear, place the hearing aid behind your ear.

## Open fit

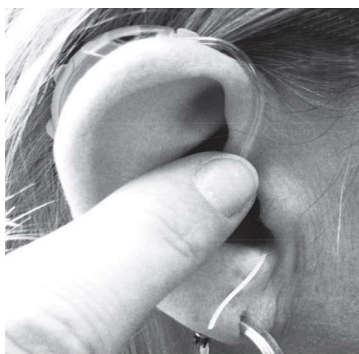
It is important to insert the tube correctly into the ear to stop the hearing aid from whistling or falling out. The correct insertion is demonstrated in the pictures below. Should the dome come off the tubing, you should never attempt to replace it – instead, use a new tube and dome as provided by us.



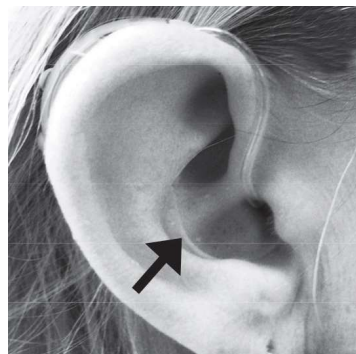
This picture shows the different parts of your hearing aid. The dome goes down into your ear and the hearing aid sits behind.



Place the Hearing aid behind the ear. Letting the tube and dome dangle in front of the ear.



Push the dome in until the tube lies flat against your head. You may need to pull down on your ear lobe with the other hand to help.



Tuck the retaining strip, if you have one, into the bowl of your ear to help keep the hearing aid in place.