



Getting used to your Hearing Aid

A patient's guide

- Hearing aids, like anything new, can take some time to adjust to.
- It can take time to get used to new sounds. This will be different for every individual, for some it can take weeks and for others it can take months.
- **The most important thing is not to give up!** The more you wear your hearing aid, the easier and more comfortable it will become.

Tips and tricks for getting used to your hearing aid

- Begin slowly - Some people find that wearing their hearing aid for a few hours a day, in a quiet environment, can be very helpful.
- If you feel you need to, have a break, and come back to it the next day.
- Build up the time you spend wearing it until you are using your hearing aid for most of the day.
- Get used to small, familiar sounds because even these can sound quite loud at first! For example, sounds like the cutlery (knives and forks) knocking together in the kitchen draw, or the rustling of paper or running water.
- We ask you to get used to small sounds at first because your brain is not used to hearing them in this way.
- With time and practice your brain will learn to tune out these sounds and they will become more normal.
- Your voice might sound different to you! At the beginning of wearing your hearing aid you might think that you are speaking louder. This is normal and will level out over time.
- Things that you hear might sound metallic or 'tinny' at first - this is a good thing!
- This could mean that you are hearing more high-pitched sounds. These might be sounds that you could not hear before.
- Hearing some extra 'tinniness' actually gives you access to more speech sounds.
- **We are here to help** - if you find that you are still not hearing well in some situations, for example, the sound is not quite right or the hearing aid is uncomfortable, please make an appointment with one of the clinics listed below to have the hearing aid adjusted.



- **Remember** - hearing aids are exactly as they are described. **They are an aid to hearing.** No hearing aid is perfect, and **a hearing aid will not bring back your normal hearing.** Depending on the level of your hearing loss you might still struggle to hear in certain situations, for example, background noise in a busy place.
- **Don't worry!** - Everyone has difficulty in these situations and using a hearing aid will help you to hear more sounds. By not giving up and having patience, hearing aids will improve your communication over time.

For further information, please contact:

St Anns Hospital clinic
 Department of Audiological Medicine
 St Ann's Hospital
 St Ann's Road, London N15 3TH
 E mail: whh-tr.StAnnsAudiology@nhs.net
 Tel: 020 3224 4698

Whittington Hospital clinic
 Audiology Clinic 4B
 Magdala Avenue, London, N19 5NF
 E mail: whh-tr.audiology-whitthealth@nhs.net
 Tel: 020 7288 5220

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.PALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please email whh-tr.patient-information@nhs.net. We will try our best to meet your needs.

Twitter.com/WhitHealth
 Facebook.com/WhittingtonHealth

Whittington Health NHS Trust
 Magdala Avenue
 London
 N19 5NF
 Phone: 020 7272 3070
www.whittington.nhs.uk

Date published: 05/03/2024
 Review date: 05/03/2026
 Ref: CYP/Audiol/AHA/03

